

# Readiness Booklet

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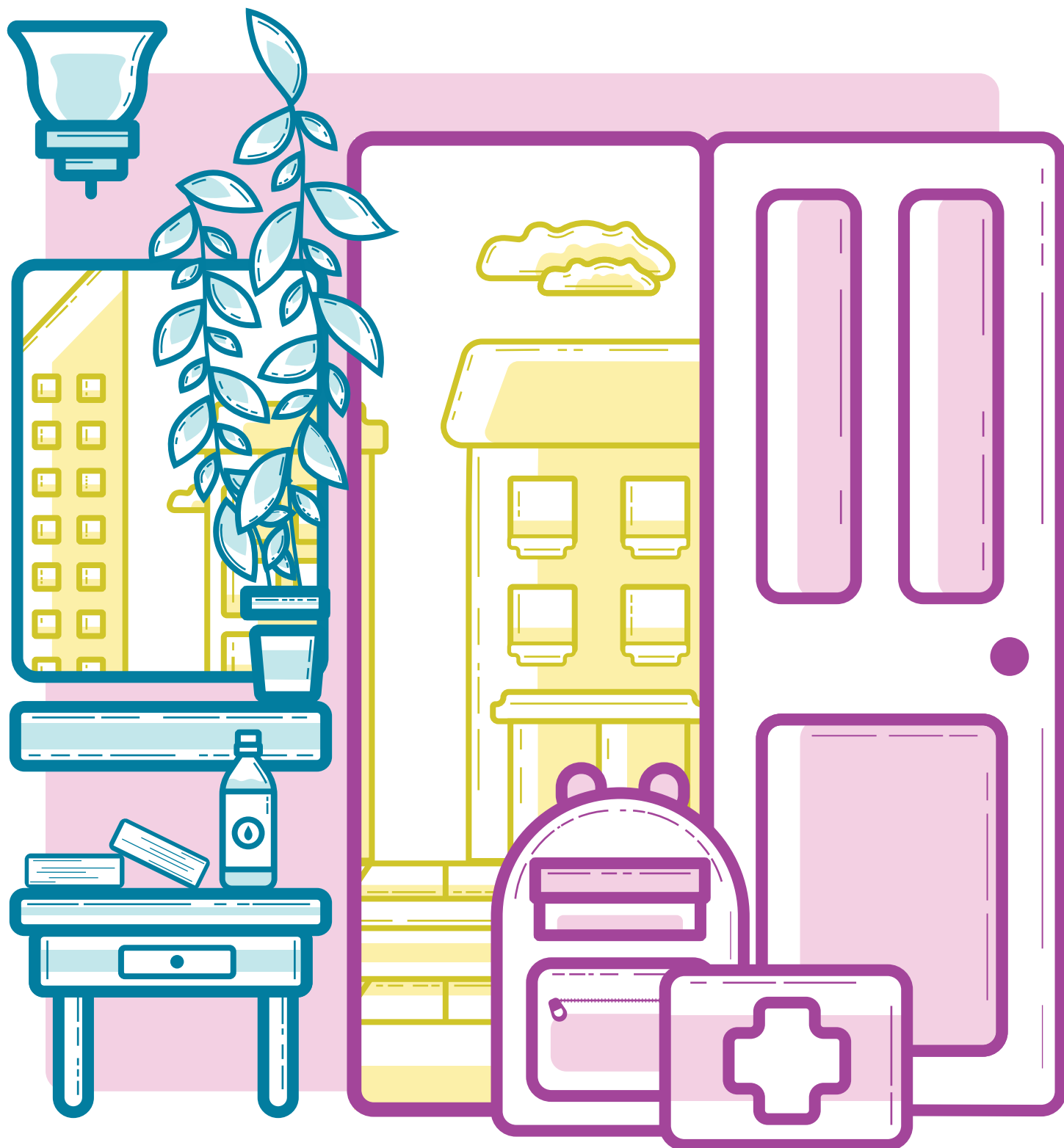




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# Welcome to the Resident Safety Booklet!

This booklet was created as a tool to help residents prepare for emergencies and natural disasters. Home Forward hosted small group discussions with 165 of our residents. They talked about what resources and information residents needed to become more prepared. This booklet was created to address those needs.

THIS BOOKLET WILL COVER:

Different kinds of hazards

How to build a social network

Ways to prepare your household for emergencies

How to respond to different kinds of natural disasters

It includes resources for individuals with disabilities and additional needs, households with minors, and those with pets and assistance/support animals.

We want to acknowledge that some of the scenarios discussed in this booklet can be scary. It is important to talk about ways to prepare before an emergency happens, so we can handle these difficult situations. Home Forward’s goal is to give residents information and resources so they can be “prepared, not scared”.

Some of the information in this booklet is for your own personal use. If you decide to share this information with others, please make sure they are people you trust.

Thinking ahead and preparing for the unknown can be hard. We hope the resources provided will help empower and strengthen the community!

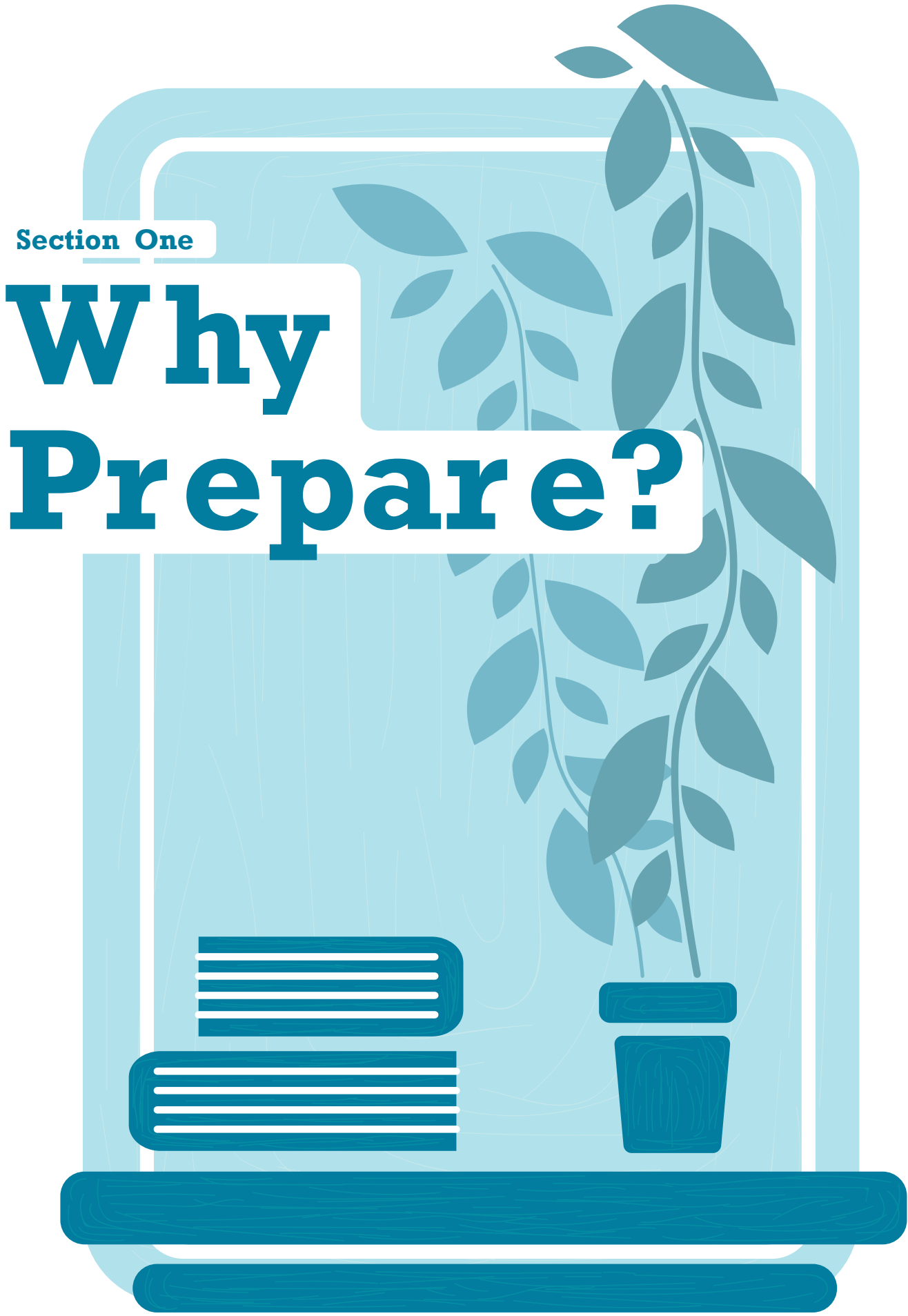
Please sign yourself and your family up for notifications from [www.publicalerts.org/signup](http://www.publicalerts.org/signup). This free service will help keep you up to date with developing emergencies.

Thank you,

Home Forward

Section One

# Why Prepare?



# KNOW HAZARDS IN YOUR AREA

Getting to know different kinds of emergencies can help you and your community plan ahead.



## Some questions to ask yourself can include:

What are some hazards in your unit, building, and community?  
 Could any of these cause an emergency?

Are any of these preventable?  
 In what ways can you prepare yourself and/or your household?

## WHAT EMERGENCIES COULD OCCUR IN YOUR AREA?

Check all that apply

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Elevator emergency  | <input type="checkbox"/> Extreme heat               | <input type="checkbox"/> Earthquakes        |
| <input type="checkbox"/> Pandemic            | <input type="checkbox"/> Home fires                 | <input type="checkbox"/> Volcanic eruptions |
| <input type="checkbox"/> Power outages       | <input type="checkbox"/> Wildfires/poor air quality | <input type="checkbox"/> Active shooter     |
| <input type="checkbox"/> Storms/cold weather | <input type="checkbox"/> Landslides                 | <input type="checkbox"/> Flooding           |

## Are there any others you can think of that aren't listed above?

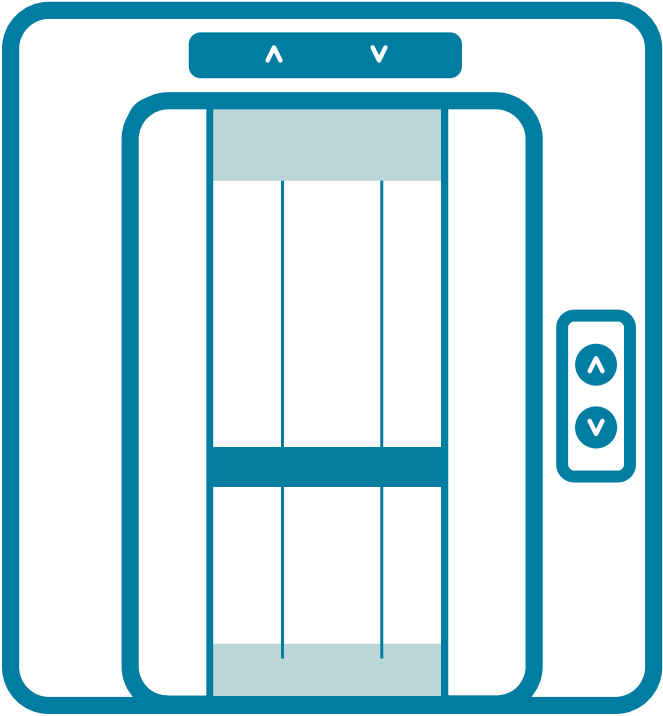
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# ELEVATOR EMERGENCY

Occurs when an elevator breaks down or stalls between floors. If you are on the elevator when this occurs, try to stay calm and follow all of the safety steps accordingly.

## Elevator Safety

Although elevators can be a very useful tool to move around your building, it's important to use them safely and plan ahead for a potential elevator emergency.



## PREVENTING AN EMERGENCY

- Give passengers space to exit the elevator**
- Do not overload the elevator**  
*Wait for the next elevator if it is too full*
- Do not stop a closing door**  
*It is unsafe to stop a closing door with hands, feet, canes, or other objects*
- Do not force the doors open or try to leave a moving elevator**
- Watch your step getting on and off the elevator**  
*Avoid tripping on uneven surfaces*

- Hold children firmly**
- Stand away from closing doors**  
*Keep clothes, hands, and other items away*
- Be prepared to be in your unit without a working elevator for many days**  
*Please see "Power Outage" section for more information on how to protect yourself if there is a power outage or you must stay in your apartment for several days*



# Things to

KNOW

IF YOU ARE TRAPPED IN THE ELEVATOR

- 2
- There is an emergency light that will turn on inside the elevator car.
- 4
- Safety inspections are completed monthly.

## HOW TO RESPOND

- Try not to panic
- Oxygen is not limited; you will not run out of air
- Press the “PHONE” or “HELP” button to alert someone who can help (example: elevator company, alarm company, etc.)
- This will send the exact location of the building and the elevator you are in, so trained rescue personnel can respond
- Never try to climb out of a stalled elevator
- Wait for trained personnel to assist
- In addition to pressing the emergency button, call Property Management to alert them of the emergency (if you have a cell phone available)

- 1
- If there is a power outage, there is a generator that will operate one elevator and send the other to the first floor. If the elevator has broken down, the elevator technician will be called. If someone is trapped inside the elevator, the fire department is contacted.
- 3
- If you press the emergency button, an alert will be sent to a monitoring system. Some of the elevators even have a speaker system for communication.

## Emergency Evacuation

If there is a fire, power outage, or other emergency do NOT use an elevator to evacuate the building. If you have mobility limitations or other disabilities, please see the “Emergency Evacuation” section for further instructions.



## Before

- Try to refill prescription medication before it runs out
- This could prevent you from running out in an emergency
- Make copies and electronic versions of health records
- Get help accessing electronic health records (<https://www.healthit.gov/topic/health-it-initiatives/blue-button>)
- Plan ways to care for those who might be at greater risk
- This could include older adults and people with chronic medical conditions
- Get connected with local resources
- Create a list of local organizations that are providing services and updated information (example: food services, mental health or counseling providers, etc.)

## During

It is important to remember that a pandemic is a public health emergency. Listen to public health officials for updates on how to respond in your area.

# PANDEMIC

## Pandemic

Is an outbreak of a new disease that spreads to a large number of people over an entire country or the world.

## PRACTICE GOOD PERSONAL HEALTH HABITS

- Wash your hands with soap frequently
- Scrub hands with soap for at least 20 seconds
- Cover your cough and sneezes
- Many illnesses spread through small respiratory droplets
- Avoid touching your eyes, nose, and mouth
- Put distance between yourself and others
- The CDC recommends at least 6 feet
- Stay home when you are sick, except to get medical care
- If it is not an emergency, try calling ahead of time to make an appointment before seeking medical care
- Clean frequently touched surfaces and objects at least once a day
- This includes tables, countertops, light switches, doorknobs, cabinet handles, wheelchairs and walkers
- Think about how you can separate a sick household member if possible
- Hanging sheets up as barriers can help reduce the spread of the illness



STAY CONNECTED

Stay informed

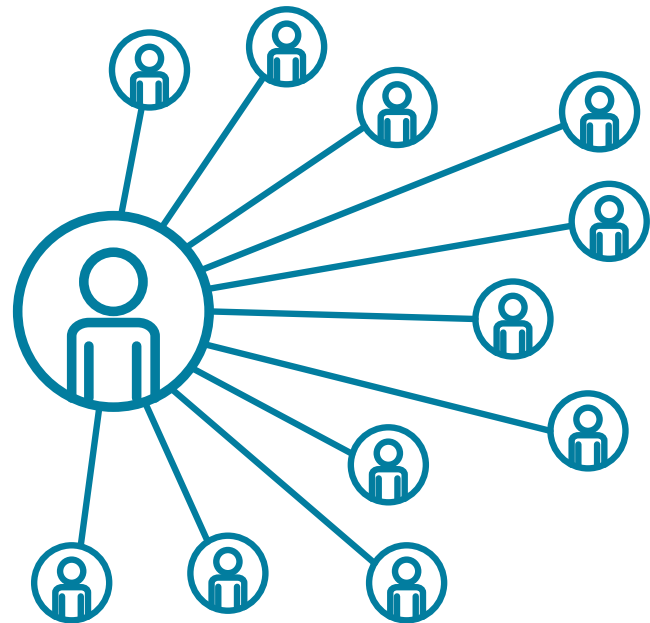
Follow news issued by the following: your county’s Public Health Department, The Governor’s Office, Oregon Health Authority, Center for Disease Control and Prevention, Department of Health and Human Services, and The World Health Organization

Stay in touch with others by phone or email

Check in with loved ones, especially those who live alone or have chronic medical conditions and may need assistance

Take care of the emotional health of yourself and other community members

Dealing with an outbreak can be overwhelming; it is important to check in with one another



PROTECT ALL HOUSEHOLD MEMBERS

If there is a minor living in your household, check updates from their school or child-care facility

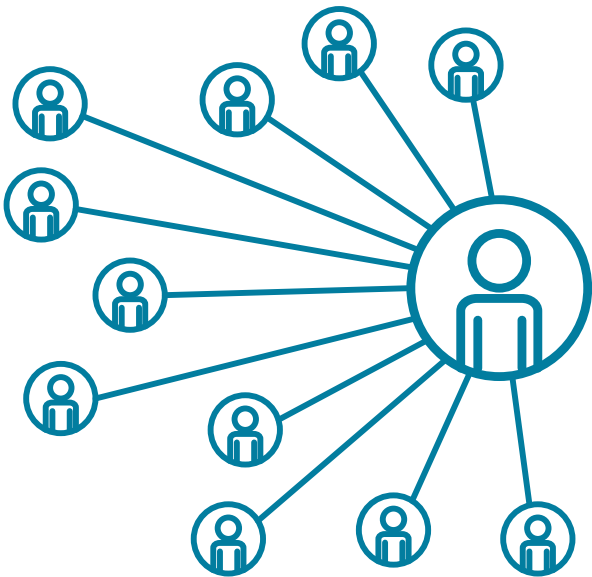
Some schools and local organizations may close and/or switch to online classes

Talk with children about the outbreak

Try to stay calm, explain what is going on, and reassure them that they are safe at home

Discourage children from playing in public spaces

Seek medical attention if someone shows known symptoms



CHANGES AT YOUR WORKPLACE

Stay informed about your employer’s emergency plan

What are the policies for sick-leave? Are there tele-work options?

Notify your workplace if your schedule changes

This includes sick time if you or someone in your household get sick

POWER OUTAGES

POWER OUTAGES

Occur when the electrical power goes out unexpectedly. This can cause food spoilage, prevent the use of medical devices, limit the use of elevators to evacuate the building, and more.

Before

Make a list of the items you need that depend on electricity

Keep extra batteries and find other alternatives to meet your needs or the needs of other household members

Talk to your medical provider about a power outage plan for medical devices powered by electricity

Are there alternative ways to power your medical equipment?

Talk to your pharmacist or medical provider about refrigerated medication

How long can the medication be stored at higher temperatures?

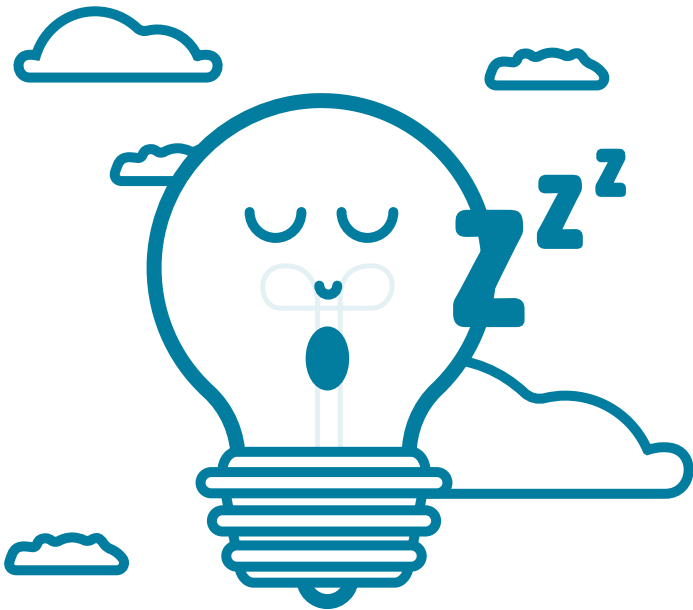
Keep mobile phones and other electric equipment charged

Stock up on some supplies

Batteries, flashlights, medication, etc.

During

A power outage can last anywhere from a couple hours to a few days. Assess what your needs would be during a power outage and discuss them with your support team.



PROTECT YOURSELF

Limit opening refrigerator and freezer doors

The refrigerator can keep food cold for about 4 hours and the freezer for up to 48 hours. Eating spoiled food can make you sick

Do not attempt to take an elevator in a power outage

Individuals with limited mobility should discuss ways to evacuate the building with their personal support team. (see “Elevator Emergency” section for more information)

Turn off and disconnect small appliances and electronics

The power could come back in “surges” and cause damage to your electrical appliances

Do not use candles

Candles can cause fires

Do not use a gas cooking stove or any kind of grills to heat your house

If necessary, try to find a safe place in the building or within the community to find heating or cooling until the power returns

## STAY CONNECTED

### Sign up for local alerts and warning systems

*Stay up to date on weather reports in the area*

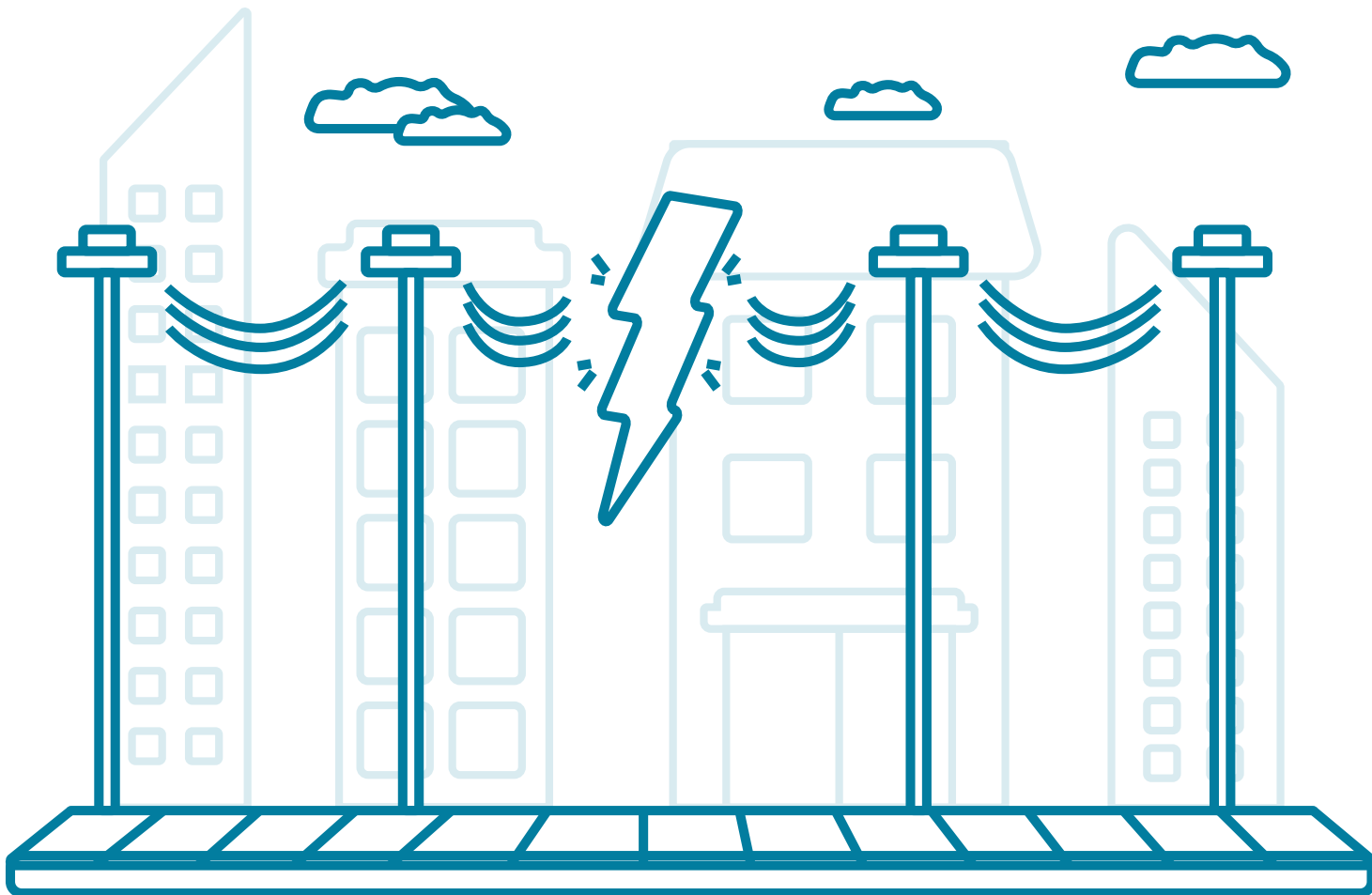
### Keep a list of your service providers

*Know which electrical company serves you and keep their number with your emergency supplies. Visit their website or call to report outages, get updates, and find important safety info*

### Individuals with limited mobility or additional needs should create a support team

*Identify people in the building who can provide support if there is a power outage*

### Check on your neighbors



## WINTER STORMS & EXTREME COLD

### WINTER STORMS

*Can result in loss of power, heat, and other utilities and services. Winter storms can also result in extreme cold temperatures.*



### GOING OUTDOORS

*If there is a winter storm warning, stay indoors and dress warmly*

*If you are outside, find shelter immediately*

### Stay off the roads

*Snow and ice increase the risk of car accidents*

*If you are stranded in your car, stay inside and use the heat as needed*

*Only call 9-1-1 if you are experiencing a life-threatening emergency.*

*If you do need to drive, keep extra supplies in your car*

*Warm clothing (hats, gloves, sweater, etc.), blankets, water, snacks, etc.*

### Limit time outside

*If you do go outside, make sure to wear warm clothing in layers and watch for signs of frostbite and hypothermia*

### Before

*Plan ways to care for those who might be at greater risk*

*This includes older adults and small children*

### Sign up for local alerts and warning systems

*Follow weather reports on TV, radio, and social media.*

### Stock up on some supplies

*Warm clothes, water, medication, and non-perishable food items that do not require cooking*

### Learn the signs of frostbite and hypothermia

### DURING

*Winter storms and extreme cold weather conditions can last anywhere from a couple hours to a few days. Assess what your needs would be if you had to stay home without power.*

### PROTECT YOUR HOUSEHOLD

*Do not use a gas cooking stove or charcoal grills to heat your house*

*Call 2-1-1 if you need help finding a heated space in order to stay safe.*



STAY SAFE IN COLD WEATHER

You can follow the acronym COLD (cover, overexertion, layers, dry) to keep household members safe in snow and cold weather.

Cover

Cover your head, neck, and hands to keep body heat from escaping by wearing a hat, scarf and gloves or mittens.

Overexertion

Try to avoid activities that will cause a lot of sweating. Wet clothes can cause you to lose body heat faster. Go inside right away if you start to shiver.

RECOGNIZE & RESPOND

Frostbite

Is an injury caused by freezing of the skin and tissue. It is most common on fingers, toes, nose, ears, cheeks, and chin.

RECOGNIZE

Cold skin and a prickly feeling, numbness, bluish-white or greyish-yellow skin, hard or waxy skin, or stiffness in joints.

Hypothermia

Occurs when a person has a dangerously low body temperature (below 95 degrees).

RECOGNIZE

Adults: Shivering, slurred speech, shallow breathing, exhaustion, low energy, confusion, clumsiness. Infants: Bright red and cold skin.

Layers

Dress in more layers than you would normally wear. Wearing more layers will help keep in body heat.

Dry

Stay as dry as possible. Go inside frequently to warm up and change into dry clothes as needed.



RESPOND

Get out of the cold and into a warm place. Soak the area in warm (not hot) water. Use body heat to warm. Do not rub or massage the area or use a heating pad.



RESPOND

Get out of the cold and into a warm place. Warm the center of the body (chest, neck, head, and groin). Stay dry. Use layers of warm clothes and use blankets.

EXTREME HEAT

A period of 2 or more days of high heat and humidity with temperatures above 90 degrees. Extreme heat is the cause of the highest number of annual deaths of all weather-related hazards.

Before

Plan ways to care for those who might be at greater risk.

Examples: older adults, young children, people with preexisting medical conditions and mobility issue

Stay informed

Follow weather reports on TV, radio, and social media. Call 2-1-1 for info about cooling centers in your area.

Stock up on some supplies

Water, electrolyte drinks, light snacks, ice.

Know where local cooling centers are located

During

It is important to monitor the weather conditions in extreme heat, especially if you plan on going outside. Follow the tips below to stay safe.

EXTREME HEAT WARNING

Drink plenty of water!

Avoid alcohol, caffeine, and sugar to keep from getting dehydrated

Try to avoid overexerting yourself

Watch for signs of heat-related illnesses, like heat exhaustion

Wear lightweight, light colored clothing

Cotton is lightweight and absorbs sweat easily

Apply cold packs to cheeks, palms and feet



GOING OUTDOORS

Wear sunscreen with an SPF of 15 or higher and a hat

Try to apply sunscreen 20 minutes before going out in the sun

Take frequent water breaks when you are working or playing outdoors

Try staying in the shade or air conditioned areas to rest; libraries, shopping malls, and other community spaces are good places to get away from the heat

INDOOR SAFETY

Report if there is a problem with your air conditioning unit

Use frequent cool showers or baths to decrease your body temperature

If needed, find a cool, air conditioned place to stay

Check your county's cooling centers pages or by calling 211, or checking public alerts.com

Pets are welcome at many County Cooling Centers when they are activated

PET AND ASSISTANCE/SUPPORT  
ANIMAL SAFETY

- Animals need plenty of fresh water
- You can put ice in their water bowl
- Avoid overexerting your pet or assistance/support animal during the heat. They also need frequent rest breaks.
- Animals are cooled mainly by panting and through the pads of their paws
- Do not leave animals in direct sun-light

- Do NOT leave an animal in a car
- If you see an animal in a hot car, call your county's animal services department; Multnomah County's phone number is (503) 988-7387.
- Watch out for signs of heat-related illnesses
- This could appear as panting excessively, vomiting or weakness

RECOGNIZE  
& RESPOND

**Dehydration**  
Occurs when you do not drink enough fluids.

**RECOGNIZE**  
Adults: Extreme thirst, less frequent urination, dark-colored pee, fatigue, dizziness, confusion, cramps.  
Infants: Dry mouth and tongue, no tears when crying, dry diaper for 3+ hours, sunken eyes or cheeks.

**Heat cramps**  
Painful, involuntary muscle spasms that usually occur in hot or humid conditions during heavy exercise or other physical activity. Heat cramps are the mildest of heat-related illnesses.

**RECOGNIZE**  
Muscle pains or spasms in the stomach, arms, or legs.



**RESPOND**  
Replace lost fluids by drinking water or a sports drink, like Gatorade, in order to replenish electrolytes.



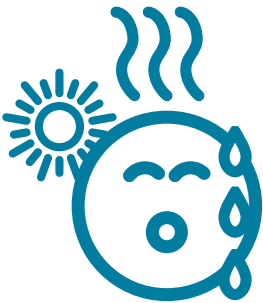
**RESPOND**  
Go to a cooler place. Remove layers of clothing. Take small sips of water or a sports drink. If cramps last for more than an hour, seek medical help.

**Heat exhaustion**  
Can occur when you are exposed to hot or humid conditions and/or strenuous physical activity. Heat exhaustion can lead to heatstroke, a life-threatening condition, if not treated properly.

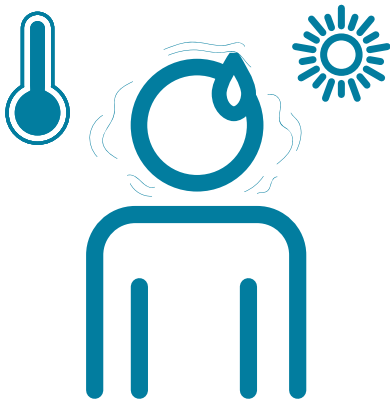
**RECOGNIZE**  
Lots of sweat, pale skin, muscle cramps, tiredness, weakness, dizziness, headaches, fainting, nausea, vomiting.

**Heatstroke**  
Is a condition caused by your body overheating. This occurs when you are overexposed to hot or humid conditions and/or strenuous physical activity. Heatstroke is a life-threatening condition that requires immediate emergency treatment.

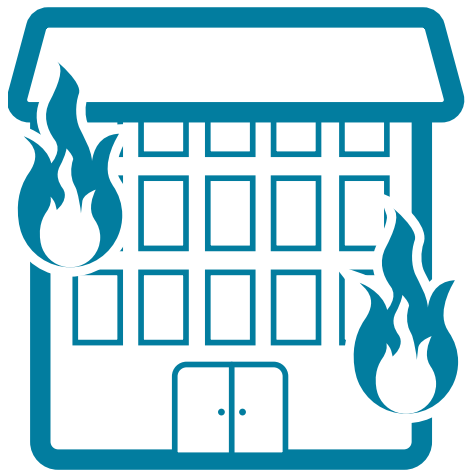
**RECOGNIZE**  
Extremely high body temperature (103 degrees or more), red, hot, and dry skin, no sweat, dizziness, confusion, unconsciousness.



**RESPOND**  
Go to a cooler place. Remove layers of clothing. Lie down on your back. Cool down using ice, a wet towel, or fan. Cold packs applied to the cheeks, palms and soles of feet help to lower body temperature. Take small sips of water or a sports drink. If symptoms worsen or last for more than an hour, seek medical help.



**RESPOND**  
Call 9-1-1 or get the person to the hospital as soon as possible. Until help arrives, try cooling the person down with ice, a wet towel, or fan. Cold packs applied to the cheeks, palms and soles of feet help to lower body temperature.



## HOME FIRES

Fire is fast, hot and deadly! It only takes a few minutes for smoke or flames to engulf a house. Smoke and toxic gases produced by the fire kill more people than the flames. It is important to understand ways to prevent and respond to a fire to protect your community.

### Before

Create a fire escape plan with all of your household members.

*Is there an alternative way to leave your unit? Where will everyone meet once they have evacuated?*

Older adults and people with access or functional needs should talk with neighbors, property managers, and other trusted individuals about their fire escape plan.

Practice, practice, practice!

*Practice your fire escape plan at least twice a year.*

Make digital copies of important documents.

*See "Gather Emergency Papers" section for more information.*

Consider renters insurance to cover damaged personal items.

*See "Renters Insurance" section for more info.*

Talk with children about fires.

*Teach children about the dangers of fire and what to do during a fire in your home.*

### Prevention

Home fires can be prevented. Follow these simple steps to keep you and your neighbors safe from a home fire.

Do NOT disable the smoke alarm.

*Make a maintenance request or reach out to property management if there are any issues with your smoke alarm.*

Stay in the kitchen when you have food on the stove top. Set timers for the oven.

*Turn off the stove if you need to leave the room.*

Keep sleeves rolled up and hair tied back when cooking.

Keep children away from cooking areas for their protection.

*At least 3 feet around the stove.*

Set a timer to keep track of how long food has been in the oven.

Keep clutter to a minimum.

*A cluttered apartment could be a fire hazard or block exits during an evacuation.*

Unplug electrical appliances when not in use.

Do NOT hang towels over the handle on front of the stove.

*Keep hot pads, oven mitts, and towels away from stove top.*

Do NOT tamper with your Smart Burners.

Do NOT store things inside your oven or microwave.

Do NOT cover burners or oven with foil.

Do NOT smoke in your apartment.

*Use designated outdoor smoking areas.*

Do NOT use candles.

Do NOT store flammable materials in your apartments.

*Tires, gasoline, propane gas, torches, etc.*

### During

During a fire, every second counts! Review the steps below to learn how to respond to a fire emergency.

Only use a fire extinguisher if you have been trained.

*Only use an extinguisher on a fire that is small enough to be contained in a small trash can.*

Get out of the building as quickly as possible.

*Call 9-1-1 once you are in a safe location.*

Touch the doorknobs and doors with the back of your hand before opening.

*If they are hot, or there is smoking coming from behind the door, leave it closed and try another way out.*

Get low and crawl to avoid smoke and toxic fumes.

*Smoke and poisonous gases will rise to the ceiling first.*

If your clothes catch on fire, STOP, DROP, and ROLL.

*Cover your face with your hands and roll back and forth until the flames are out.*

If you cannot stop, drop, and roll, try to smother the flames with a blanket, towel, etc.

*Get medical help for burns right away.*

If a household member or animal is trapped inside, tell responders immediately.

If you are trapped inside, close the door, cover vents, and other cracks in the room with cloth or tape

*Call 9-1-1 and try to stay near an open window or on the floor if there is no window.*

Do not go back into the building until authorities say it is safe to do so.

### After

After you are safe and have contacted emergency responders, you can follow these guidelines to figure out your next steps.

If emergency personnel have determined that you cannot return to your apartment, they will help you find a temporary safe place to go

*The American Red Cross provides temporary housing, food, and other services*

If you have renters insurance, contact your insurance company for more detailed instructions.

*See "Renters Insurance" section to learn more about protecting your belongings*

If you are allowed to go back to your apartment, be careful when entering.

Save receipts for money spent related to fire loss and damages.

*Insurance companies may need these receipts to verify losses claimed.*

# WILDFIRES AND AIR QUALITY

## Wildfires

Have increased in the Pacific Northwest since the 1980s. Winds can move smoke into the city, including different pollutants like carbon monoxide. Breathing in this smoke can lead to serious health problems.

## Before

### PREVENTION

About 95% of wildfires are caused by humans. Take the proper precautions to prevent them!

Properly dispose of cigarettes and other smoking devices.

Be sure that the campfires, fire pits, and grills are all completely out before leaving them unattended.

Learn more at SmokeyBear.com  
<https://smokeybear.com/en>

## Get Ready

This is the pre-evacuation preparedness step. Take steps such as: packing up valuables such as important documents and medications; shutting all of your windows; and signing up for PublicAlerts and other emergency alert apps.

## Go!

Go now, don't wait! Local authorities will provide further instructions. People who need additional help or time to evacuate should do so at levels 1 or 2. This includes people with disabilities or medical conditions or those needing help with children.



### EVACUATION LEVELS

During a wildfire, they use three levels of evacuation. Learn what these different levels mean so you can prepare your household for an evacuation.



## Be Set

Be prepared to evacuate. Listen to local TV and radio news for updates. Follow your county Sheriff's Office and emergency management's social media pages for updated information.

If you feel unsafe or need extra time, leave whenever you feel you need to. You don't have to wait for an evacuation notice.

## During

Even though wildfires may not reach your location, the smoke from these fires can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases. Learn how to protect yourself.

### STAY SAFE

Avoid entering areas with smoky air.

Close all doors and windows to keep smoke out of your apartment.

Avoid adding to indoor pollution.

During a poor air quality emergency, avoid using things that burn indoors like candles, incense, gas stoves, etc.

Do not rely only on masks or face coverings for protection.

N95 masks can offer some protection if properly worn.

Maintain healthy behaviors.

Eat well and stay hydrated. Contact a medical provider if you show symptoms of smoke irritation.

Seek shelter if needed.

If you do not feel safe at home, locate a designated evacuation shelter or find another safe place to stay by calling 211.

## LOCAL RESOURCES

### Oregon Air Quality Index

Use this air quality index to check local air quality

### WEBSITE

<https://oraqi.deq.state.or.us/home/map>

### Oregon Smoke Blog

Check this blog for the latest updates on fires in the area

### WEBSITE

<http://oregonsmoke.blogspot.com/>

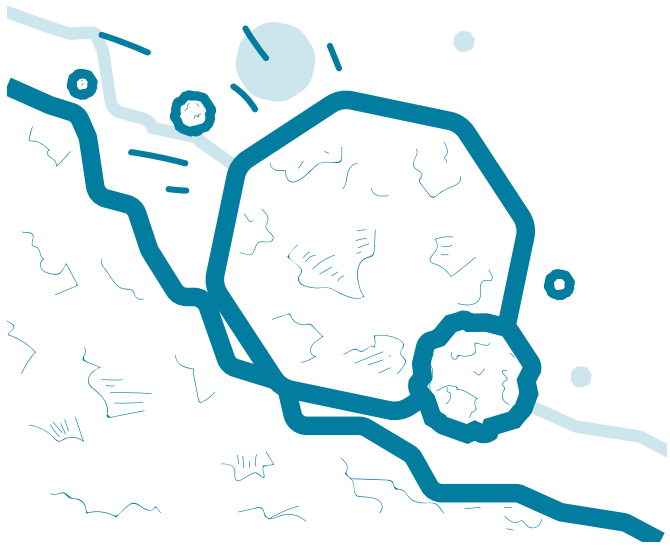
### Smoke Sense App

Download this app for air quality conditions and health guidance

### WEBSITE

[www.epa.gov/air-research/smoke-sense-study-citizen-science-project-using-mo-bile-app](http://www.epa.gov/air-research/smoke-sense-study-citizen-science-project-using-mo-bile-app)





## Warning Signs

### SIGNS OF DEBRIS FLOWS AND FAST-MOVING LANDSLIDES

Rushing water, mud, or unusual sounds might indicate moving debris.

*Unusual noises may include trees cracking or boulders knocking together.*

As a landslide gets closer, you may hear a faint rumbling that increases in volume.

Fences, utility poles, boulders, or trees may move.

### SIGN OF SLOW-MOVING LANDSLIDES

Changes in the landscape.

*Changes include storm-water drainage on slopes, land cracks, leaning trees, etc.*

New or widening cracks appear.

*This includes plaster, tile, and brick inside the building and widening cracks on the ground or paved areas around the building.*

Outside walls and stairs begin pulling away from the building.

## LAND MOVEMENT

Also known as landslides, occur when masses of rock, earth, or debris move down a slope. This can be caused by storms, flooding, earthquakes, volcanic eruptions, and other human-caused incidents.

Fences, utility poles, or trees begin to tilt or move.

Ground around the building begins to slope downward.

### During

The most deadly landslides are the ones that occur quickly with little to no notice. It is very important to be aware of your surroundings and to watch out for signs of earth and debris movement.

Monitor local news.

*Follow news reports on TV, radio, and social media.*

If you are in an area that is more susceptible to landslides, consider purchasing a NOAA weather radio.

Move away from the path of a landslide as quickly as possible.

If you cannot escape, curl into a tight ball.  
*Protect your head.*

### After

After you have made it to safety and have contacted emergency responders, follow these guidelines to figure out your next steps.

Do not go back into the building until authorities say it is safe.

*Stay away from the area where the land movement occurred.*

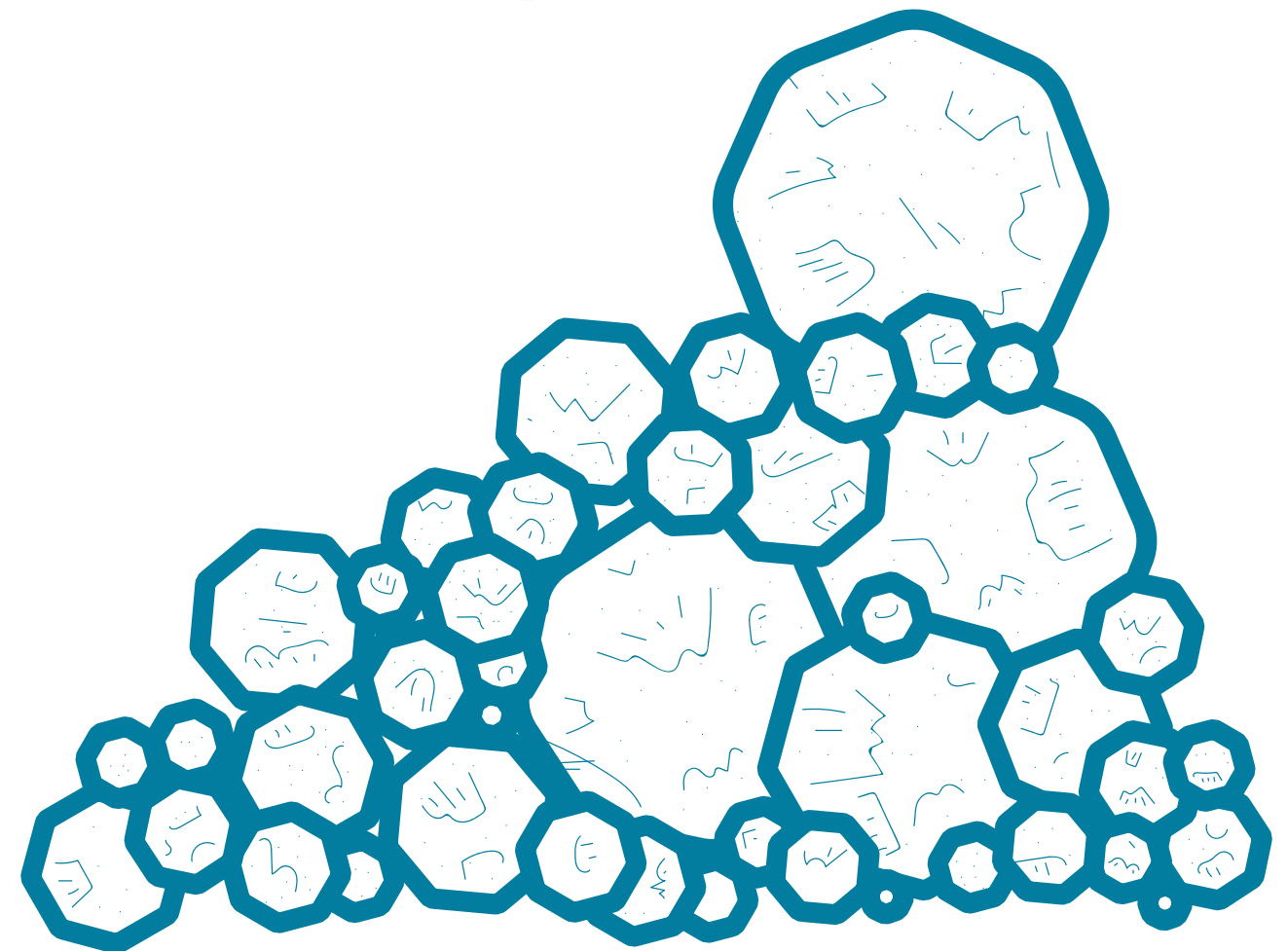
Alert authorities if you know of people trapped inside.

Watch out for any debris or damages caused by the landslide.

*Avoid further injury.*

Follow local news for the latest emergency information.

*The area may be at risk for more slides or flooding.*



# EARTHQUAKES

A sudden, rapid shaking of the ground caused by the shifting of rocks deep underneath the earth’s surface. Earthquakes can cause injuries and damage property and roads.

Portland is positioned near the Cascadia Subduction Zone off the coasts of Northern California, Oregon, Washington, and Northern Vancouver Island. It also sits on the Portland Hills Fault. Get prepared!

## Before

Talk with everyone who needs to be included in your plan.

*What is everyone’s role?*

Map out your evacuation plan.

*Where are safe places to go in your unit during an earthquake? How will you exit the building if needed? Where will you go if you cannot return to the building?*

Practice DROP, COVER and HOLD ON!

*Please see the “Drop, Cover, and Hold On” section below.*

Stock up on some supplies.

*What supplies will you need if you don’t have electricity, gas, or other utilities for several weeks?*

Secure heavy items in your home (example: bookcases, televisions, etc.) and keep heavier objects on lower shelves.

*Reduce injuries from falling items.*

Consider renter’s insurance

*See “Renter’s Insurance” section to learn more.*



## PREPARE CHILDREN

Learn about the emergency plans at your child’s school or childcare facility.

*Identify an emergency contact who would be able to care for your child if you can’t reach them at their school/daycare.*

Talk with children about earthquakes.

*Talking about earthquakes and how to respond can help reduce fear.*

## CHANGES AT YOUR WORKPLACE

Plan for what to do if an earthquake occurs while you are at work.

*Where is the nearest shelter? Where will you go if transportation is down?*

Stay informed about your employer’s emergency plan.

*Does your place of employment have a continuity of operations plan? What will your role be in the event of an earthquake?*

Keep important information and supplies at your workplace, if possible.

## During

### PROTECT YOURSELF

If you are in a car, pull over to the side of the road and stop.

*Use the emergency parking break.*

If you are in bed, turn face down and cover your head and neck with a pillow or hands.

If you are outside, stay outside and away from buildings or objects that could fall on top of you.

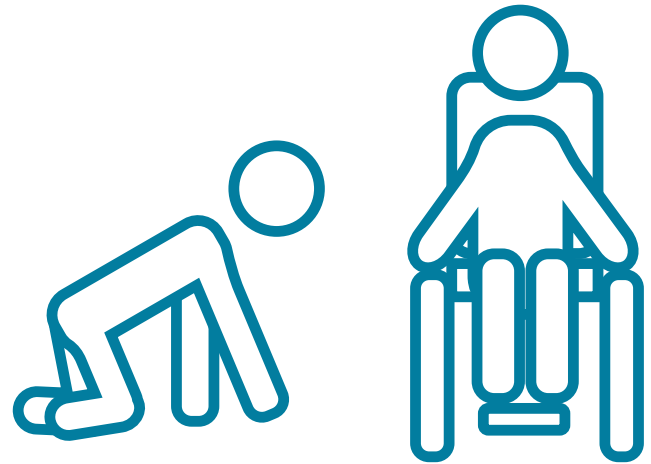
*One of the main causes of injuries and death is from falling objects*

If you are in a wheelchair, try to get away from objects that could fall on you, lock the wheels, and cover your head and neck.

Do not get in a doorway.

Do not try to run outside.

*Stay inside until the shaking stops to avoid objects falling off the building.*



### Drop

Drop down to your hands and knees. If you are in a wheelchair or walker with a seat, lock your wheels and remain seated until all of the shaking stops.

# DROP, COVER, & HOLD ON!

The best way to protect yourself during an earthquake is DROP, COVER, and HOLD ON! Follow the instructions below.



### Cover

Cover your head and neck with your arms. If there is a sturdy table or desk near you, crawl underneath it for shelter. If there is no shelter close by, try crawling to an interior wall (away from windows). Only crawl to a different area if the path is free of fallen debris.





### Hold On

If you have crawled under a table or desk, hold on with one hand. Be prepared to move with it as it shakes. If you are seated or unable to drop to the floor, bend over and cover your head with your arms. Hold on to your neck with both hands.

### After

After the shaking has stopped, make sure you are in a safe place. If you need to exit the building, make sure you move quickly outside and away from the building. Watch out for hazards caused by the earthquake including fallen debris, leaking gas, or downed power lines.

#### Be ready for aftershocks

*The shaking from aftershocks can be just as severe as the main earthquake*

If you are trapped send a text, bang on a pipe or wall, or use a whistle instead of shouting to help rescuers locate you.

*Protect your mouth, nose and eyes from dust.*

Check yourself and others for injuries.

Check in with your emergency contacts.

*Texting often works better than calling when phone lines are busy.*

Let others know you are safe.

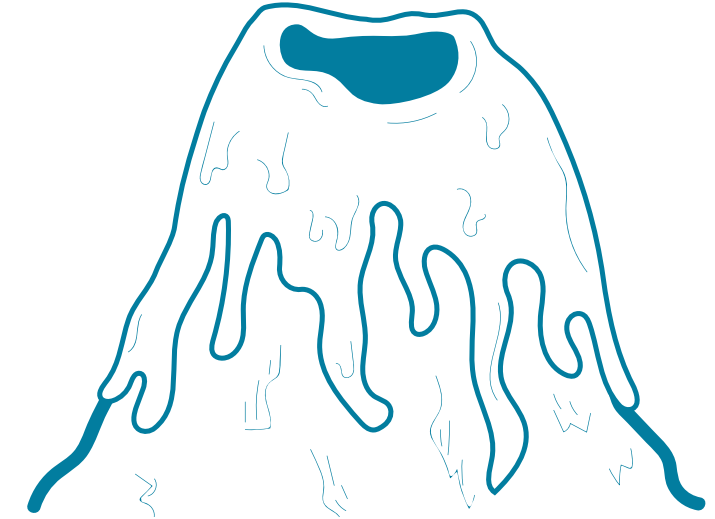
*Register on American Red Cross "Safe and Well" <https://safeandwell.communityos.org/cms> website or update your social media*



## VOLCANIC ERUPTIONS

Occur when molten rock, gases, and other debris escape through an opening in the Earth's crust. Volcanic ash can travel hundreds of miles and cause severe health problems. An eruption can contaminate water, damage utilities, reduce visibility, make it difficult to breathe, and irritate the skin, eyes, nose, and throat.

Portland is near volcanoes and volcanic fields within the Cascades region. This includes Mount St. Helens, Crater Lake, Mount Hood, and more.



### Before

#### GET INFORMED

Sign up for the Volcano Notification Service (VNS) (<https://volcanoes.usgs.gov/vns2/>), for free notification emails about volcanic activity in the area.

### During

Listen for emergency alerts and warnings.

*Follow evacuation or shelter orders.*

Protect yourself from falling ash.

*Falling ash and smog are the major concerns within the Portland area.*

Do not drive if there is heavy ash fall or smog.

If you are outside, quickly move to shelter.

If there is heavy smog, avoid going outside and close windows.

### After

Listen to local authorities to find out when it is safe to return to the area.

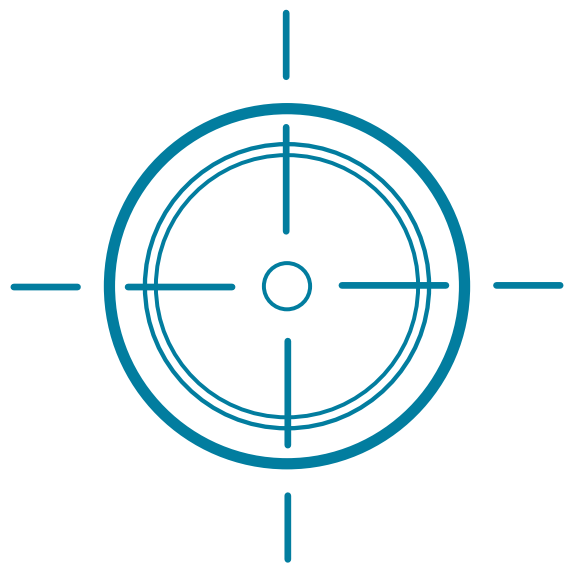
*Stay indoors if possible, especially if you have breathing problems.*

Stay connected.

*Reach out to friends and family over text and let them know you are safe.*

Avoid driving in heavy ash.

*Driving can stir up the volcanic ash and clog engines or stall vehicles.*



## Before

Stay aware of your environment.

When entering a new space, look for the two nearest exits, plan an escape path, and identify places you could hide if needed.

Sign up for an active shooter training.

The Portland Police Bureau offers an online video or in-person workshop for community active shooter training:

[www.portlandoregon.gov/police/79946](http://www.portlandoregon.gov/police/79946)

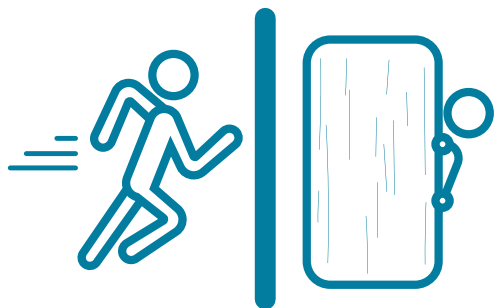
Report active threats right away.

Make a plan with household members.

Make sure everyone knows what to do if confronted with an active shooter.

## DURING

During an active shooter or active threat remember to RUN. HIDE. FIGHT.



# ACTIVE SHOOTER

## Active shooter/active threat

Occurs when one or more individuals are actively attempting to harm others in a populated area.

## RUN and escape if possible

Getting away is the top priority.

Leave your belongings behind if necessary.

Help others escape, if possible, but evacuate regardless of whether others agree to follow.

Try to prevent others from entering an area where the active shooter may be.

Call 9-1-1 when you are safe and describe the shooter, location, and weapons.

## HIDE if escape is not possible.

Get out of the shooter's view and stay very quiet.

Silence all electronic devices.

Lock/block doors, close blinds, and turn off lights.

Don't hide in groups. Spread out along walls or hide separately.

Try to communicate with police silently. Use text message or social media to tag your location or put a sign in a window.

Stay in place until authorities say it is safe.



## FIGHT as an absolute last resort!

Commit to your actions and act as aggressively as possible against the shooter.

Recruit others to ambush the shooter with makeshift weapons like chairs, fire extinguishers, scissors, books, etc.

Be prepared to cause severe or lethal injury to the shooter.

Throw items and improvise weapons to distract and disarm the shooter.

## After

Keep hands visible and empty.

If you are able, keep hands above your head when exiting the area.

You may have to pass injured along the way.

Move quickly.

Note where you saw injured people and report the information once you are safe.

Follow first responders instructions.

Evacuate in the direction they come from unless otherwise instructed.

Take care of yourself first.

Then you may be able to help others who are injured once in a safe location.

Consider seeking professional help for you and other household members to cope with the long-term effects of the trauma.



# GENERAL SAFETY CONCERNS

**Some general safety concerns include:** Robbery, assault, trespassing, property damage, and more. You may not be able to prevent these dangerous situations, but you can take steps to anticipate them and respond safely.

## Prevention

### PREVENTING AN EMERGENCY

**Stay alert.**  
*Observe what is going on around you; avoid distractions like headphones when in public.*

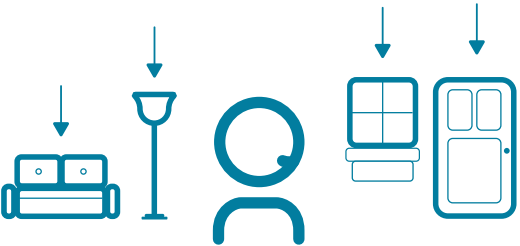
**See something, say something.**  
*Report any suspicious activities to the appropriate authorities.*

**Make an exit plan.**  
*Observe every new space you enter and identify exits and places you could hide in an emergency.*

**Learn lifesaving skills.**  
*Take free self-defense or first aid classes in your community.*

### PRACTICING SITUATIONAL AWARENESS

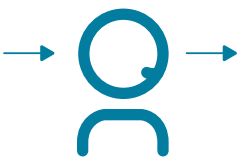
Situational awareness is when you are aware of what is going on around you. With this awareness, you are better able to anticipate unsafe situations and respond quickly.



**LEVEL 1**  
Perception of the elements in the environment.



**LEVEL 2**  
Comprehension of the current situation.



**LEVEL 3**  
Projection of the future events.

### Responding to an Unsafe Situation

**Get Away!**  
*Try to escape or evacuate quickly from unsafe situations.*

**Cover and hide.**  
*If you are not able to evacuate, find a place to hide and keep quiet.*

**Defend, disrupt, fight.**  
*Engaging with an attacker should be the last resort. If you must engage, be aggressive and commit to your actions.*

**Call for help.**  
*When you are safe, call for help.*

**Mental & emotional wellness.**  
*Consider seeking help for coping with the trauma.*



# BUILD A SOCIAL NETWORK

The most important way to prepare for an emergency is to build a social network! This includes neighbors and businesses around you.

Talk with your neighbor about ways you can check on each other during an emergency. Let someone you trust know if you are going to be out of town. Depending on the emergency, neighbors will have to rely on one another until responders are able to get to the scene.

Identify vulnerable neighbors who might need assistance after a disaster.

This includes neighbors with disabilities, the elderly, those who live alone, those with pets or assistance/support animals, parents or guardians of small children, etc. Talk with your neighbors and offer your support. Make sure you ask before giving help.

Consider signing yourself and your network up for notifications from [www.publicalerts.org/](http://www.publicalerts.org/) signup. This free service will help keep you up to date with developing emergencies.

Name	What are their needs?
Phone	
Name	What are their needs?
Phone	
Name	What are their needs?
Phone	
Name	What are their needs?
Phone	

# CREATE A SUPPORT SYSTEM

Identify individuals in the building and/or community who could check in with you in the event of a disaster.

This could include:

- Family
- Relatives
- Friends
- Neighbors
- Personal care attendant
- Coworkers
- People from your place of worship

Name	Phone	How you know them
Name	Phone	How you know them
Name	Phone	How you know them
Name	Phone	How you know them

Where are some places you spend a lot of time in the community?

This could include places of worship, work, school, community organizations, local businesses and more.

1	
2	
3	
4	

Who within your building and/or community you would like to reach out to?

Name	Phone	How you know them
Name	Phone	How you know them

# GET CONNECTED

There are many ways you can get connected with your local community. Including going to planned events in your building, getting involved in a local organization, or volunteering your time.

Here are some local training opportunities and other resources:

## RESOURCES

### Cascade Relief Team

Become a volunteer with the Cascade Relief Team. Work with others to respond to disasters in Oregon and the surrounding area.

#### WEBSITE

<https://www.cascaderelief.org/>

#### PHONE

888-277-5289

### American Red Cross

Take preparedness classes with the American Red Cross.

#### WEBSITE

[www.redcross.org/local/oregon](http://www.redcross.org/local/oregon)

#### PHONE

503-284-1234

### Basic Earthquake Emergency

#### Communication Nodes

Become a BEECN volunteer. BEECNs are a place to get information and request emergency assistance after an earthquake.

#### WEBSITE

[www.portlandoregon.gov/pbem/77227](http://www.portlandoregon.gov/pbem/77227)

### Neighborhood Emergency Team

Join a Neighborhood Emergency Team If you cannot join the team, you can get in contact with your area NET team leader.

#### WEBSITE

[www.portlandoregon.gov/pbem/31667](http://www.portlandoregon.gov/pbem/31667)

#### PHONE

503-823-4421

### Neighbors Together

Become a member of your area Neighbors Together.

#### WEBSITE

[www.portlandoregon.gov/oni/62587](http://www.portlandoregon.gov/oni/62587)

#### PHONE

503-823-4064

### Volunteer Center Network of Oregon

Contact the Volunteer Center Network of Oregon to find out how to help in times of need.

#### WEBSITE

[www.oregonvolunteers.org/](http://www.oregonvolunteers.org/)

#### PHONE

503-725-5903

# GET INFORMED

Cut down on panic and fear after an emergency happens by planning ahead. Please review the information below for some local resources.

## RESOURCES

### AM/FM Radio

If you're in the Portland region you can tune into 91.5 KOPB-FM or 101.1 KXL-FM for information about local news and events.

#### WEBSITE

**91.5 KOPB:**  
[www.opb.org/schedules/](http://www.opb.org/schedules/)

**101.1 KXL:**  
[www.kxl.com/shows/](http://www.kxl.com/shows/)

### Basic Earthquake Emergency

#### Communication Nodes

Get to know the location of BEECN sites near your work and home. BEECNs are a place to get information and request emergency assistance when phones aren't working.

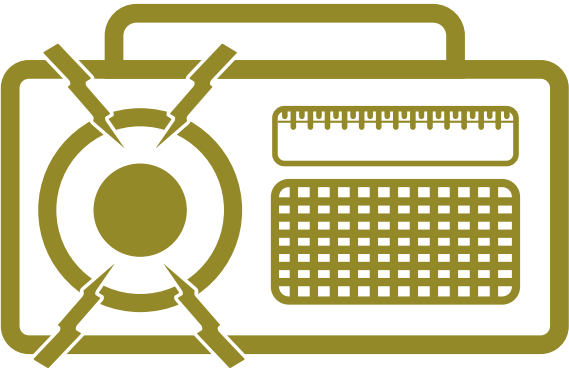
#### WEBSITE

<https://www.portlandoregon.gov/pbem/article/483656>

### Public Alerts

Sign up for Public Alerts to receive emergency alerts from your area.

This information is only used in emergencies! You can also go directly to the Current Alerts page to get live updates and info about ways to get involved.



#### WEBSITE

**Public Alerts:**  
[www.publicalerts.org/](http://www.publicalerts.org/)

**Current Alerts:**  
[www.publicalerts.org/current-alerts](http://www.publicalerts.org/current-alerts)

### PublicAlerts — Additional Needs Registry

This registry is for individuals in Portland who may need special assistance in a disaster. Instructions: When you sign up with PublicAlerts, it will ask if you will have additional needs in a disaster. If you check "yes", it will automatically take you to the Additional Needs Registry. This information is only used in emergencies!

#### WEBSITE

[www.publicalerts.org/signup/](http://www.publicalerts.org/signup/)



# PUBLIC ALERTS AND NEWS UPDATES

Stay informed about natural and human-caused hazards, changing conditions and events in the Portland area, Oregon, or on a national level.

## RESOURCES

### Public Alerts

WEBSITE  
[www.publicalerts.org/](http://www.publicalerts.org/)

### National Weather Service — Portland

WEBSITE  
[www.weather.gov/pqr/](http://www.weather.gov/pqr/)

### NOAA Weather Radio

WEBSITE  
[www.weather.gov/nwr/](http://www.weather.gov/nwr/)

### Northwest River Forecast Center

WEBSITE  
[www.nwrfc.noaa.gov/rfc/](http://www.nwrfc.noaa.gov/rfc/)

### NWCC Fire Map

WEBSITE  
<https://gacc.nifc.gov/nwcc/information/fire-map.aspx>

### ODOT TripCheck

WEBSITE  
[www.tripcheck.com/](http://www.tripcheck.com/)

### Air Quality for Oregon

WEBSITE  
<https://oraqi.deq.state.or.us/home/map>

### USGS Cascades Volcano Observatory

WEBSITE  
<https://volcanoes.usgs.gov/observatories/cvo/>

### USGS Earthquake Notification Service

WEBSITE  
<https://earthquake.usgs.gov/ens/>

### Integrated Public Alert and Warning System (I PAWS)

WEBSITE  
[www.fema.gov/emergency-managers/practitioners/integrated-public-alert-warning-system/public](http://www.fema.gov/emergency-managers/practitioners/integrated-public-alert-warning-system/public)

# SMARTPHONE APPLICATIONS

Downloading these applications can serve as an easy way to stay informed and get important information during an emergency.

## APPLICATIONS

### American Red Cross

WEBSITE  
[www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html)

### FEMA

WEBSITE  
<https://www.fema.gov/mobile-app>

Download app by text messaging:

**Apple device:**  
Text APPLE to 43362 (4FEMA)

**Android device:**  
Text ANDROID to 43362 (4FEMA)

### FloodWatch

WEBSITE  
<https://apps.apple.com/us/app/floodwatch/id386505889>

### Portland Incident Map and Alert

WEBSITE  
<https://apps.apple.com/us/app/portland-incident-map-alerts/id1277347911>

### PulsePoint Respond and AED

WEBSITE  
[www.pulsepoint.org/download/](http://www.pulsepoint.org/download/)

### Quakewatch

WEBSITE  
<https://apps.apple.com/us/app/quakewatch/id314600768>

### NVS Tsunami Evacuation

WEBSITE  
[www.oregongeology.org/tsuclearing-house/](http://www.oregongeology.org/tsuclearing-house/)



# ORGANIZE A COMMUNICATION PLAN

Emergencies can strike at any time. It is important to create a communication plan so you know who to contact in an emergency. Ask yourself these questions:

What should I do if I am separated from someone in my household?

Who should I call to let them know I’m OK?

Who should I call if I am in need of assistance?

Collect the contact information below and share it with your support team. Make sure everyone in your household has a copy of this information, just in case you are separated. You can keep a printed copy and a digital copy on a phone or computer.

In the event of a disaster, try to text friends and family instead of calling them. Texts often have an easier time getting through when phone lines are overwhelmed.

## Household Members Contact Information

Name	Phone	Email
Name	Phone	Email
Name	Phone	Email
Name	Phone	Email
Name	Phone	Email



Name

Address

Phone

Unit #

## Personal Emergency Contacts

Choose a friend or family member out-side of your immediate area (in another city or state) to be your emergency contact. Make sure you talk with them about your plan. In an emergency, you should reach out to them and let them know you are safe. Try texting before calling, in case phone lines are busy.



Name	Phone	Email
Name	Phone	Email
Name	Phone	Email

## Medical Care Providers

Name	Phone	Email
Name	Phone	Email
Name	Phone	Email

## Additional Medical Providers

Examples: vision, dental, mental health

Name	Specialty	Phone
Name	Specialty	Phone

## School/Day care Information

Name	Phone	Address
Name	Phone	Address

Personal Care Attendant

Make sure you include your personal care attendant in your emergency preparedness plan. Discuss back up plans if they are unable to reach you.

Name	Phone	Email
Name	Phone	Email
Name	Phone	Email

Pet(s)/Assistance and Support Animal Information

Name	Type	Color	Weight	Registration #
Name	Type	Color	Weight	Registration #
Name	Type	Color	Weight	Registration #

Veterinarian Information

Name	Phone	Address
Name	Phone	Address
Name	Phone	Address

Workplace Information

Place of Employment	Phone	Address
Place of Employment	Phone	Address
Place of Employment	Phone	Address

Banking Information

Bank	Account Number	Routing Number
Bank	Account Number	Routing Number
Bank	Account Number	Routing Number

Insurance Information

Keep track of your insurance policies. This could include insurance policies for health, renters, pet, car, and more.

Type	Provider	Policy Number	Contact Info
Type	Provider	Policy Number	Contact Info
Type	Provider	Policy Number	Contact Info

What is the best way to communicate with you?

Are you deaf, hard of hearing, or have cognitive or intellectual disabilities?

Do you require hearing equipment or other means of communication?

Describe the best ways to communicate with you.

Tips for people who may need different ways of communicating with responders: It is helpful to keep writing materials, pre-written messages, or other communication options on you, or in your emergency kit. Examples of these include, "I use American Sign Language", "If you make announcements, I need them written down", or "I forget easily; please write information down for me."



### Safe and Well

After a disaster strikes, you can always let your friends, family, peers, and neighbors know you are okay by registering at the “Safe and Well” website:

<https://safeandwell.communityos.org/cms/>

or by texting or calling 1-800-733-2767 for the American Red Cross. You can also update your status on social media accounts, like Facebook. If a disaster is big enough, there are reunification tools like the Facebook Safety Check online:

<https://www.facebook.com/about/safetycheck/>

## EMERGENCY CONTACTS

Be prepared with accurate emergency contact information. If there are other contacts you would like to have on hand for emergencies, please fill them out below.

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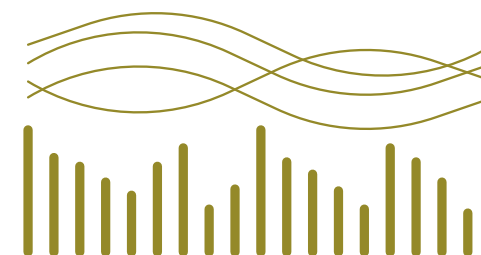
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### WHEN TO CALL 9-1-1

Call 9-1-1 in any life threatening situation. This includes reporting a fire, crime, assault, or any emergency medical situation. During a major disaster, you may have to call multiple times to get through to an operator.



*Be ready to answer questions from the 9-1-1 operator.*



*Stay on the line until the operator hangs up.*



### Texting 9-1-1

If you are unable to call, you can text 9-1-1. The purpose of texting 9-1-1 is to help individuals that may not be able to speak during an emergency--such as a home invasion or abusive partner. It is also for individuals who are deaf, hard of hearing, or have limited speech capabilities.

### Important Non-Emergency Contacts

You can call non-emergency numbers 24 hours a day for non-emergency help. Using these numbers keeps 9-1-1 available for true emergencies. Examples of times you should call a non-emergency contact:

*Your house or car was broken into overnight.*

*A runaway child has returned home.*

*You need to add additional information to the police report you made last week.*

*Someone stole your bike while you were at work.*

POLICE AND FIRE  
(NON-EMERGENCY)

The non-emergency phone number for all police and fire districts in Multnomah County is (503) 823-3333.

RESOURCES

Multnomah County Sheriff

PHONE  
(503) 823-3333

WEBSITE  
[www.mcso.us/site/](http://www.mcso.us/site/)

Portland Police

PHONE  
(503) 823-3333

WEBSITE  
[www.portlandoregon.gov/police/29708](http://www.portlandoregon.gov/police/29708)

City of Gresham Police

PHONE  
(503) 618-2318

WEBSITE  
<https://greshamoregon.gov/Police-Department/>

Portland Fire and Rescue

PHONE  
**General Information:**  
(503) 823-3700  
**Arson Tip Line:**  
(503) 823-4636  
  
WEBSITE  
[www.portlandoregon.gov/fire/25923](http://www.portlandoregon.gov/fire/25923)

Multnomah County Rural  
Fire District #14

PHONE  
**General Information:**  
(503) 695-2272  
**Outdoor Burning Information:**  
(503) 695-2225  
  
WEBSITE  
[www.corbettoregon.com/firedept/](http://www.corbettoregon.com/firedept/)

OTHER COMMUNITY  
CONTACTS

RESOURCES

**2-1-1 Info**  
For any questions about community resources.

PHONE  
2-1-1  
  
WEBSITE  
[www.211info.org/](http://www.211info.org/)

**The City of Portland,  
Community and Civic Life**  
You can also visit the City of Portland’s web-  
page for Community and Civic Life to find  
other frequently requested phone numbers.

WEBSITE  
[www.portlandoregon.gov/civic/25967](http://www.portlandoregon.gov/civic/25967)

**Downtown Portland Clean  
and Safe District**  
Cleaning: Cleaning crews provide sidewalk  
sweeping, graffiti removal, litter and cigarette  
removal and pressure washing services.  
  
Security: Security responds to disorderly and  
suspicious behavior, aggressive panhandling,  
public drinking, suspicion of drug dealing or  
drug use, TriMet transit, etc.

PHONE  
(503) 224-7383

WEBSITE  
<https://downtownportland.org/>

**Narcotics and Organized Crime**  
Call this line if you suspect someone is  
trafficking drugs in your building.

PHONE  
(503) 823-DRUG (3784)

WEBSITE  
[www.portlandoregon.gov/police/30560](http://www.portlandoregon.gov/police/30560)

**Oregon Poison Center**  
Call in case of accidental ingestion of danger-  
ous substances.  
  
PHONE  
1 (800) 222-1222

WEBSITE  
[www.ohsu.edu/oregon-poison-center](http://www.ohsu.edu/oregon-poison-center)

# UTILITY EMERGENCIES

Contact the following service providers if you have a utility emergency.

## North west Natural Gas

Smell. Go. Let us Know. Contact Northwest Natural Gas if you suspect a leak.

### PHONE

1 (800) 882-3377

### WEBSITE

[www.nwnatural.com/](http://www.nwnatural.com/)

## Portland General Electric

If your power goes out, call PGE to report.

### PHONE

**Portland:**  
(503) 464-7777

**Outside of Portland area:**  
(800) 544-1795

### WEBSITE

[www.portlandgeneral.com/](http://www.portlandgeneral.com/)

### Report an outage:

<https://cs.portlandgeneral.com/ReportOutage/Index>

## Pacific Power

Report an outage or receive an update on a current outage in your area.

### PHONE

1 (877) 508-5088

### WEBSITE

[www.pacificpower.net/](http://www.pacificpower.net/)

## Portland Water Bureau

Reach out to the Portland Water Bureau for water and sewer emergencies.

### PHONE

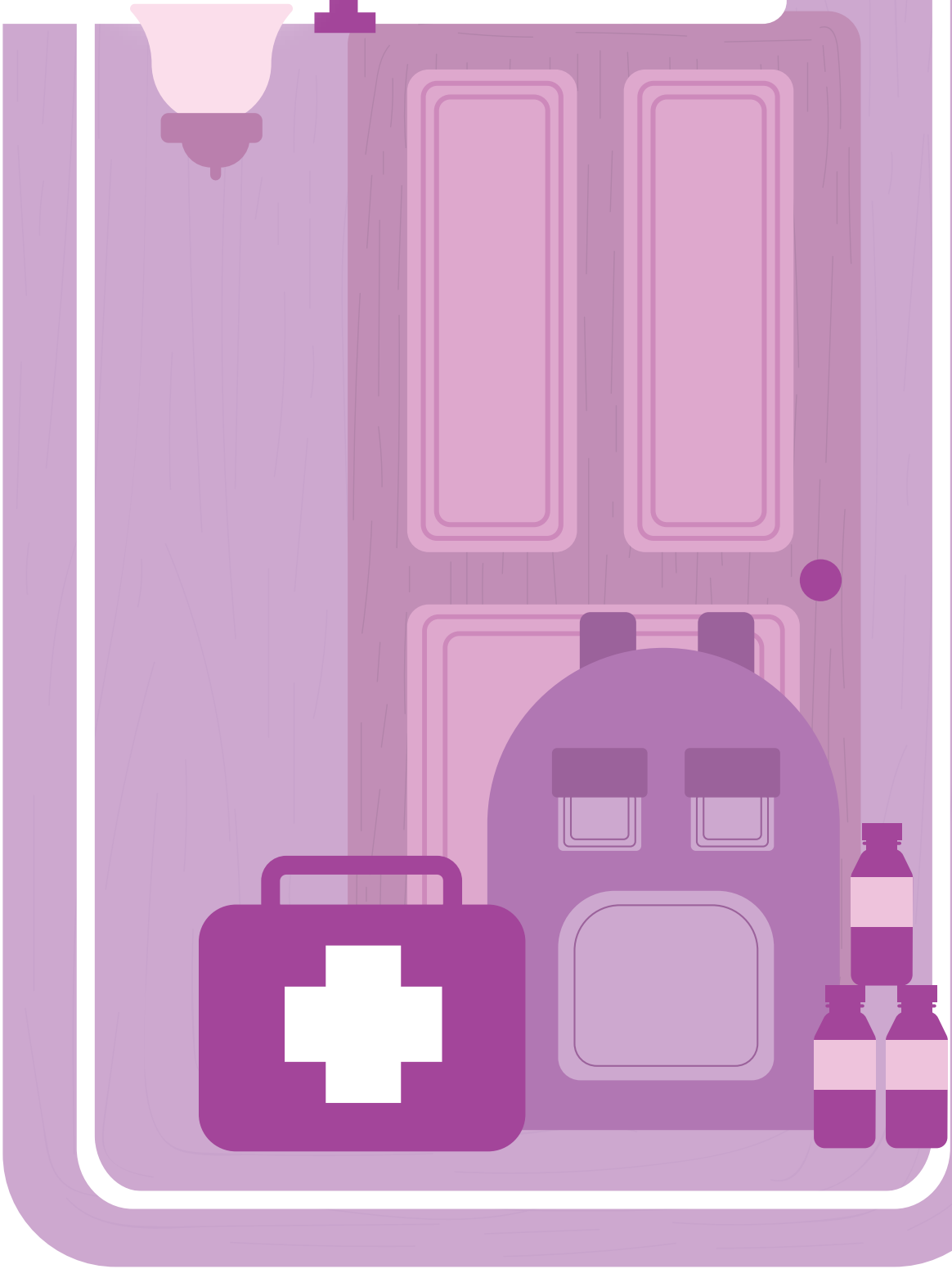
**Emergency line:**  
(503) 823-4874

### WEBSITE

[www.portlandoregon.gov/water/article/398208](http://www.portlandoregon.gov/water/article/398208)

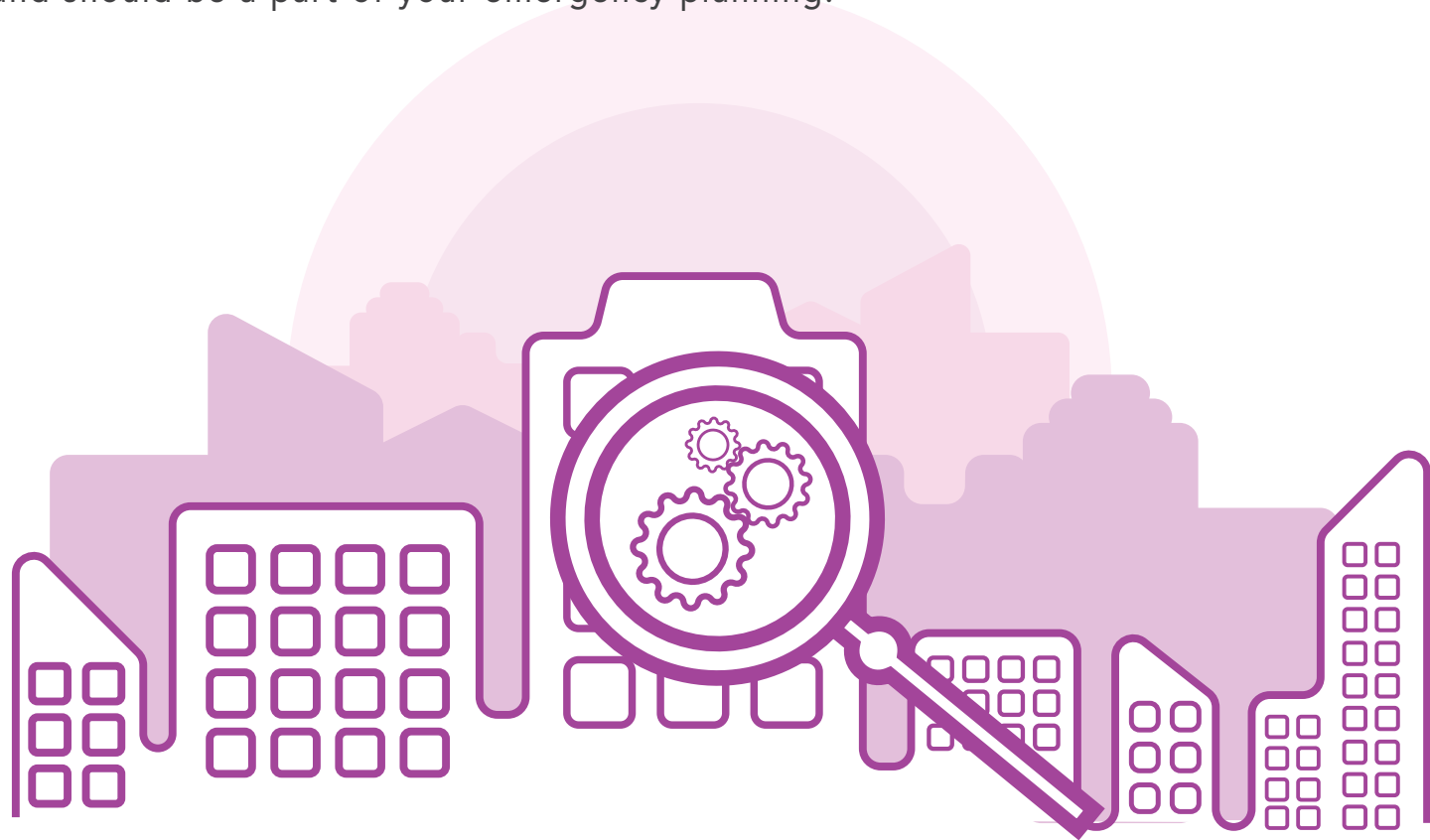
## Secti on Thre e

# Prepare



# CREATE A HOUSEHOLD PLAN

Please sign yourself and your family up for notifications from [www.publicalerts.org/signup](http://www.publicalerts.org/signup). This free service will help keep you up to date with developing emergencies and should be a part of your emergency planning!



- Why Plan?**
- To minimize panic and fear.
  - To reduce risk and minimize potential physical and emotional harm.
  - To protect property, possessions, and other physical assets.
  - To protect and support your community during and after an emergency.

- What is an Emergency?**
- An emergency is any unplanned event that can:
- Cause death or any significant injuries to the public.
  - Shut down lifeline services that we depend on daily.
  - Cause physical or environmental damages.
- \*"Disaster" implies a large-scale, natural event.

## Personal Ability & Needs Assessment

Before creating a plan for yourself and/or your household, it is important to assess your needs. Ask yourself the following questions and discuss them with your personal support team. These questions from the American Red

Cross might help identify assistance you might need before, during, and after an emergency. The following sections will help you think through these needs.



## Daily Living

**Before answering these questions, ask yourself:**  
What are my abilities for today? What help will I need during an emergency?

### PERSONAL CARE

Do you or anyone in your household need regular assistance with personal care, like bathing and grooming?

☐ Yes ☐ No

If so, what kind of assistance?

\_\_\_\_\_

\_\_\_\_\_

### WATER SERVICE

What will you do if water service is cut off for several days? What will you do if you are unable to heat water?

\_\_\_\_\_

\_\_\_\_\_

### PERSONAL CARE EQUIPMENT

Do you use a shower chair, tub-transfer bench, or other similar equipment?

☐ Yes ☐ No

If yes, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

Do you use adaptive equipment to help you get dressed?

☐ Yes ☐ No

If so, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_



ADAPTIVE FEEDING DEVICES

Do you use any special utensils that allow you to independently prepare or eat food?

☐ Yes ☐ No

If so, what kind of utensils?

\_\_\_\_\_

\_\_\_\_\_

Do you have a safe back-up power supply and how long will it last?

\_\_\_\_\_

\_\_\_\_\_

ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity if there is a power outage?

\_\_\_\_\_

\_\_\_\_\_



Getting Around

DISASTER DEBRIS

How will you clean up debris in your unit after an emergency? Are there heavier objects near the door that could make it hard to evacuate quickly?

\_\_\_\_\_

\_\_\_\_\_

ERRANDS

Do you need help to get groceries, medications, and medical supplies?

☐ Yes ☐ No

If so, what kind of help?

\_\_\_\_\_

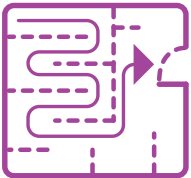
TRANSPORTATION

Do you need a specially equipped vehicle or accessible transportation?

☐ Yes ☐ No

\_\_\_\_\_

\_\_\_\_\_



Evacuation Plan

BUILDING EVACUATION

Do you need help to leave your home or office?

☐ Yes ☐ No

\_\_\_\_\_

\_\_\_\_\_

Will you be able to evacuate without alarm cues if the power is out?

☐ Yes ☐ No

\_\_\_\_\_

\_\_\_\_\_

BUILDING EXITS

Are there other exits — stairs, windows or ramps - if the elevator is not working or is not safe to use?

\_\_\_\_\_

\_\_\_\_\_

Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted? Ask your property manager if you are unsure about these questions.

\_\_\_\_\_

\_\_\_\_\_

GETTING HELP

How will you get in contact with your support team, or others to assist you when leaving the building?

\_\_\_\_\_

\_\_\_\_\_

If you have hearing aids, would they work if they were to get wet from the emergency sprinklers?

☐ Yes    ☐ No

ASSISTANCE OR SUPPORT ANIMALS/PETS

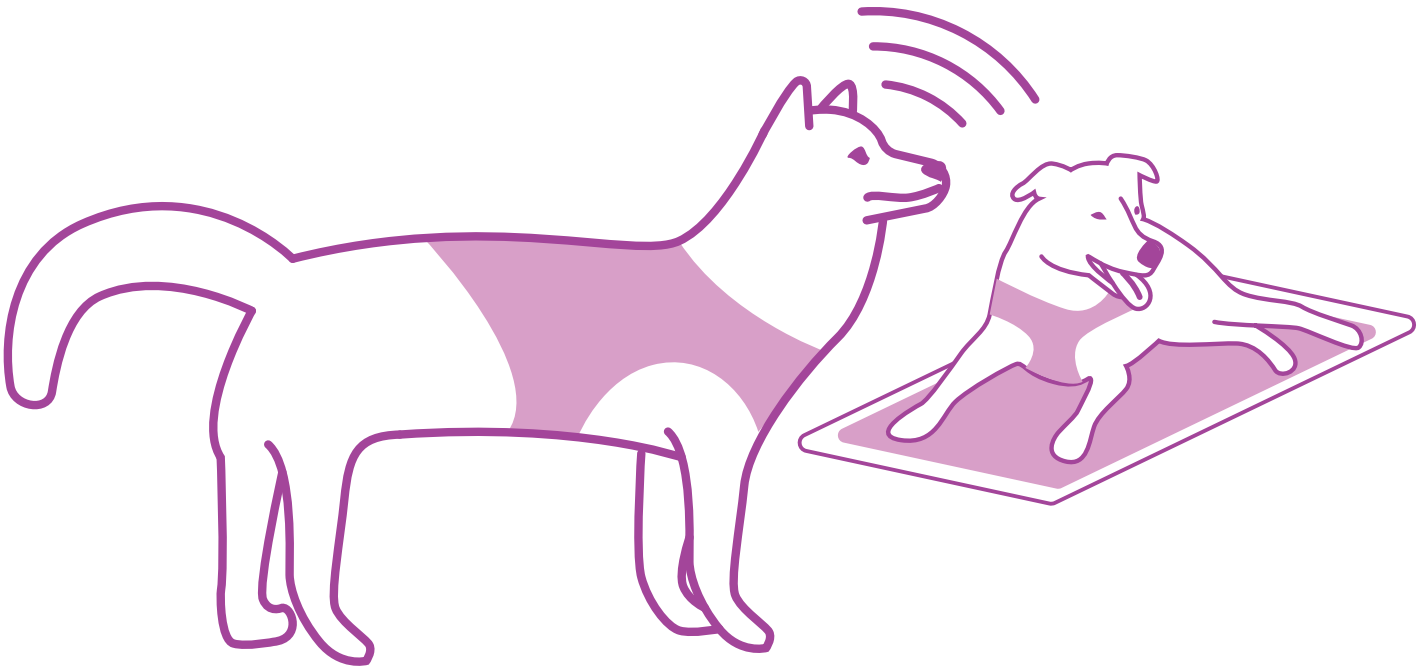
Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

☐ Yes    ☐ No

How will you communicate with emergency personnel? Do you use an interpreter, communication device, or hearing aids? What will you need to communicate if you don't have access to these things?

Do you have the appropriate licenses for your service animal? Do you have it easily accessible if you need to evacuate and go to an emergency public shelter?

☐ Yes    ☐ No



MEDICAL INFORMATION

It is important to think ahead about essential medications and other medical needs in case of an emergency.

This could include:

Prescription medication for household members, including minors, pets, and assistance animals

Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or anti-inflammatories.

Other medical supplies and equipment like glasses, contacts and contact solution, canes, hear-ing aids, walkers, etc.



Medication

Do you have any medication that will need to be refilled?

☐ Yes    ☐ No

Continue to refill your prescription as soon as possible. Try to refill your prescription medication before you run out.

Name	Dosage	Pharmacy
Name	Dosage	Pharmacy
Name	Dosage	Pharmacy
Name	Dosage	Pharmacy
Name	Dosage	Pharmacy

Do you have an emergency supply of any medication?

☐ Yes ☐ No

**Ask your healthcare provider if you can get an emergency supply of your prescribed medication.**

_____	_____	_____
Name	Dosage	Pharmacy

_____	_____	_____
Name	Dosage	Pharmacy

_____	_____	_____
Name	Dosage	Pharmacy

Do you need help getting your prescription refilled?

☐ Yes ☐ No

**Ask about using mail-order for medications.**  
**Mail-order is when your medication is mailed directly to you.**

\_\_\_\_\_  
\_\_\_\_\_

### What other medication do you need?

Consider getting extra over-the-counter medicine that you rely on (examples: Tylenol/Ibuprofen, cough medicine, allergy medicine) and other supplies such as antiseptics and tissues.

There may be other supplies for your personal needs to keep on hand. This could include:

Eyeglasses, contacts, and extra contact solution

Hearing-aid and extra hearing-aid batteries

Extra wheelchair batteries (or a manual wheelchair if possible)

Oxygen



# Allergies and Sensitivities

Do you have any allergies or sensitivities?

☐ Yes ☐ No

What allergies or sensitivities do you have?

\_\_\_\_\_

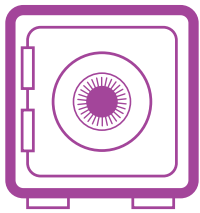


## GATHER EMERGENCY PAPERS

Vital records and other important documents should be kept in a safe place that you can easily grab in case of an emergency.

### EMERGENCY PAPER CHECKLIST

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Identification card or driver's license | <input type="checkbox"/> List of prescription medication                          | <input type="checkbox"/> Proof of insurance                     | <input type="checkbox"/> Bank account information (account numbers, bank information) |
| <input type="checkbox"/> Health history information card         | <input type="checkbox"/> Passports  | <input type="checkbox"/> Pictures of household members/animals  | <input type="checkbox"/> Social security cards/numbers                                |
| <input type="checkbox"/> Birth certificates                      | <input type="checkbox"/> Marriage certificates                                    | <input type="checkbox"/> Wills                                  | <input type="checkbox"/> Deeds  |
| <input type="checkbox"/> Immunizations records                   | <input type="checkbox"/> Inventory of valuable possessions, other household goods | <input type="checkbox"/> Any professional certificates/licenses | <input type="checkbox"/> Military discharge papers                                    |

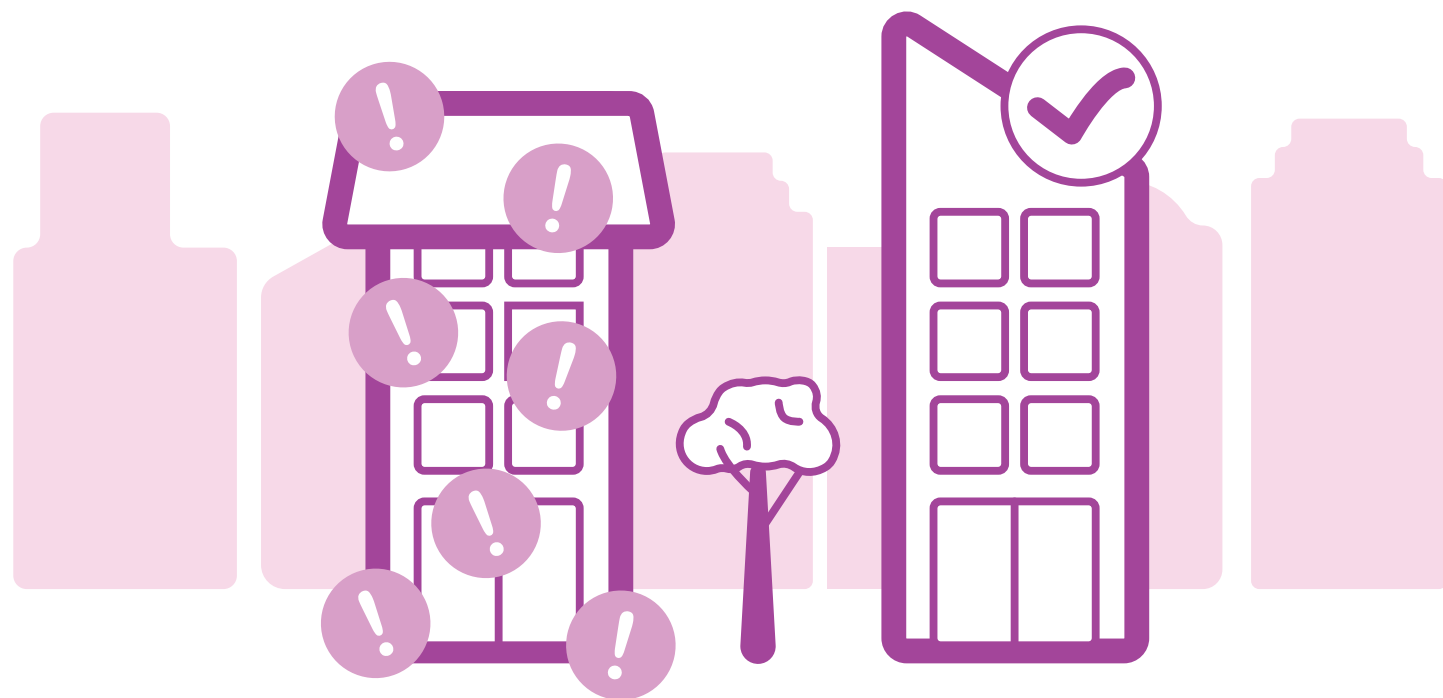


# Storage

These documents should be kept in a safe location!

Think about storing these in a Ziploc bag, waterproof binder or folder, or other sealed envelope. You can keep this in your emergency kit or in a safe place you can access easily in an emergency. If possible, store a digital copy of these documents on your phone or a computer. You could store these pictures safely on your phone by using a free application.

Where will you store these emergency papers?



## SHELTER PLAN

In case conditions are not safe at your home, you may need to plan on finding a safe place to stay. If possible, you should try to shelter outside of the hazard area. This could include staying with family or friends, getting a hotel room, or staying in a mass emergency shelter.

The American Red Cross and other relief agencies will open relief shelters in the event of an emergency. They will need to do an assessment of the buildings after the event to make sure it is safe to set up a relief shelter.

Here are some helpful resources to search for emergency shelter/relief shelter locations after a disaster:

## RESOURCES

### American Red Cross

Locate the nearest open shelter or find your local American Red Cross. These shelters will be updated after a disaster has occurred. Some of the shelters shown on the map may be operated by partner agencies.

#### WEBSITE

##### Open shelter:

[www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html](http://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html)

##### Local Red Cross:

[www.redcross.org/find-your-local-chapter.html](http://www.redcross.org/find-your-local-chapter.html)

### Disaster Assistance

Search for open shelters near you. If your area has been declared for Individual Assistance, you will be able to search for assistance options for you and your household.

**Text SHELTER and your ZIP code to 43362. (Example: Shelter 97204)**

#### WEBSITE

[www.disasterassistance.gov/](http://www.disasterassistance.gov/)

### FEMA: Disaster Recovery Center (DRC)

Use FEMA's DRC Locator to find a Disaster Recovery Center. DRCs are accessible facilities and mobile offices you can visit to learn more and apply for disaster assistance programs.

**Text DRC and your ZIP code to 43362 to find a DRC near you. (Example: DRC 97204)**

#### WEBSITE

<https://egateway.fema.gov/ESF6/DRCLocator>

### HUD: Housing Assistance

Use this page to find hotlines you can call to locate other resources near you. This includes food, housing, or other assistance in an emergency. You can also use this HUD Resource Locator.

#### WEBSITE

##### Housing assistance:

[www.hudexchange.info/housing-and-homeless-assistance/](http://www.hudexchange.info/housing-and-homeless-assistance/)

##### Resource Locator:

<https://resources.hud.gov/>

### HUD: Veteran Assistance

View this list of all HUD's homeless programs and resources for veterans and veteran service providers. You can also find links to other agencies and organizations.

#### WEBSITE

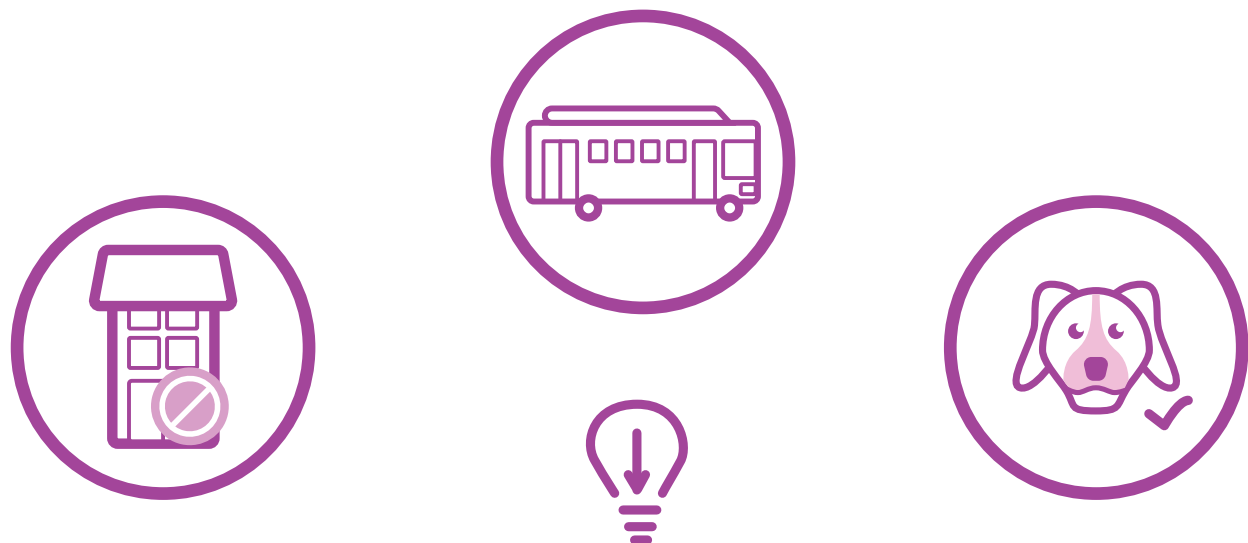
[www.hudexchange.info/homelessness-assistance/resources-for-homeless-veterans/](http://www.hudexchange.info/homelessness-assistance/resources-for-homeless-veterans/)

### The Salvation Army

Enter your zip code to find your nearest Salvation Army.

#### WEBSITE

[www.salvationarmyusa.org/usn/plugins/gdosCenterSearch?start=1](http://www.salvationarmyusa.org/usn/plugins/gdosCenterSearch?start=1)



Things to

CONSIDER

If you cannot return to the building, what is the closest hotel and/or emergency shelter? You might not be able to locate an emergency shelter until after an event has occurred.

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How do you plan on getting to this meeting place/shelter? Will you require assistance? Please review the "Personal Ability & Needs Assessment" section above to answer this question in a bit more detail.

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If you have a pet or assistance/support animal, please review the "Pet/Assistance or Support Animal Owners" section for more information.

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In some cases, you will be directed to "shelter in place", or stay in your home. Identify a safe space in your home. Do you have a space near limited or sealed windows where you can go in severe weather, or other emergencies?

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SHELTERING IN PLACE

In some situations, it can be safer to "shelter in place". This means that you should stay put and avoid going outside.

Shelter in place

To "shelter in place" means that you are seeking shelter wherever you are located when a disaster has occurred. Some examples of when you should "shelter in place" include during a natural disaster where travel is difficult because of debris.

How do you know if you should shelter in place?

Ask yourself: Is there any immediate danger? Do I need to leave the building for safety or other reasons? Does the air quality seem safe? Are there fires or other safety hazards in the area? Is it safer to stay inside than try to seek shelter elsewhere?

Listen for announcements from local authorities. They may instruct you on whether or not you should shelter in place.

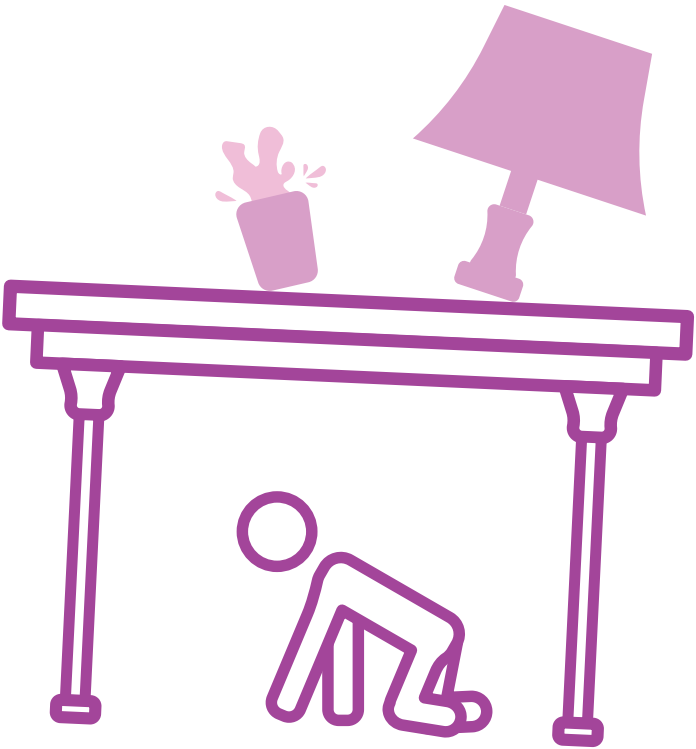
HELPFUL TIPS FOR SHELTERING IN PLACE

There may not be information for you right away.

Try to be patient and use local resources to get more information.

Stay Informed.

Watch the news, listen to the radio, or check the Internet for updates and instructions as they become available.



Make sure everyone in your household, including pets and support animals, are together and safe.

If separated from someone in your household, try texting them to see if they are safe

Check if your space is safe.

Are the doors locked? Are the windows closed? Is there visual structural damage to walls or ceilings?

This is a good time to access your emergency supply kit.

Go into an interior room with few windows if possible.

In your apartment, this could include a bathroom or hallway.

If needed, use what you have on hand to seal gaps (example: windows, doors, or air vents) to create a barrier between you and any smoke or dust.

You can use plastic sheeting or duct tape





## REDUCE HOME HAZARDS

In a disaster, ordinary items in the home can cause injury and damage. Consider taking some steps to make your home a safer place.



# Things to CONSIDER to Reduce Risk

Make sure hallways and common spaces are clean and free of unnecessary clutter.

*This will make sure there is a clear exit,*

Place large, heavy objects on lower shelves.

*This could reduce the risk of larger object falling on someone.*

Hang pictures and mirrors away from beds.

*To ensure that objects do not fall on you while you sleep.*

## PROTECT YOUR HOME AND PERSONAL POSSESSIONS

It can be devastating to damage or lose personal possessions. There are steps you can take to reduce home hazards and protect your personal possessions against potential disasters.

Use straps or other securing devices to stabilize items.

*Tall cabinets, bookshelves, large appliances (examples: refrigerators, stoves, or washing machines), televisions, mirrors, shelves, etc.*

Keep the shut-off switch near your bed or chair for oxygen equipment.

*So you can get to it quickly and turn it off if there is a fire.*

## INVENTORY HOME POSSESSIONS

You can make a record of your possessions in case of loss or damage. Here are some things to consider:

Store inventory in a secure (water and fire safe) location ensure the document survives a disaster. You can keep this with your other stored emergency papers.

You might want to include photographs of these personal items (examples: jewelry, collectibles, etc.).

If you use medical equipment, it would be a good idea to take photos and record the make and model numbers for each item.

These are for your own personal records. Only share them with people you trust!

What are some possessions you would like to include in your inventory?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

## RENTERS INSURANCE

You might want to consider getting renters insurance to cover lost or damaged personal items. It can cost as little as \$5 a month.

## WHY HAVE RENTERS INSURANCE?

Home Forward's insurance covers damage to the unit, but not to your personal items. Talk with an insurance agent about renters insurance to protect yourself from unnecessary financial loss.



## MAIL SERVICES

A disaster can impact mail services for a few days to several weeks. This could have a huge impact if you or someone in your household depends on Social Security or other regular benefits. If possible, switching to electronic payments is a simple, easy way to protect yourself financially before disaster strikes. It also reduces the risk of having your check stolen.

The U.S. Department of the Treasury offers two safer ways to get federal benefits:

### Direct deposit to a checking or savings account

If you get federal benefits you can sign up online (<https://godirect.gov/gpw/>) or by calling 800-333-1795

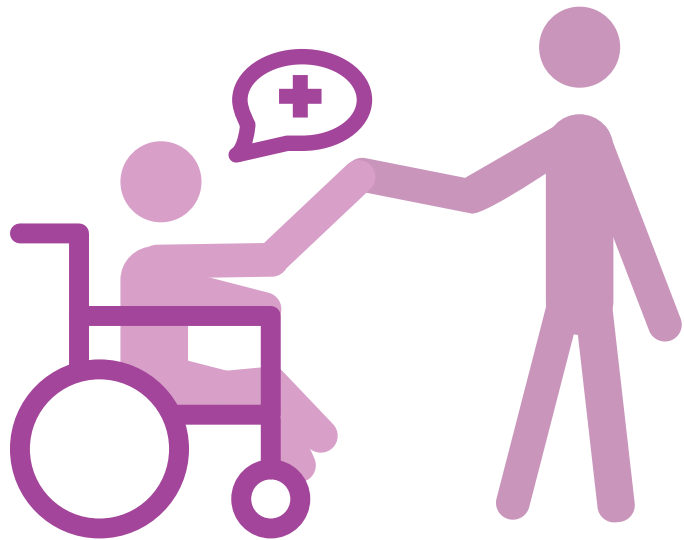
### Direct Express prepaid debit card instead of paper checks

You can sign up online (<https://godirect.gov/gpw/>) or call 877-212-9991



# INDIVIDUALS WITH ADDITIONAL NEEDS

What are some things you might need support with before, during, and after an emergency? If you or a household members has additional needs, it is important to plan ahead!



## Communicate with your Personal Support Team

Your team should be made up of three or more people who can help you immediately following a major emergency. See “Create a Personal Support Team” section for more information. Team members should:

- Be familiar with your daily schedule and routine.
- Know how to enter your home to check-in.
- Have important information about your needs and how to care for you. This includes how to operate necessary equipment.

## THINGS TO DISCUSS

The relationship should be mutual. You have a lot to contribute. Learn about each other’s needs and how to help each other in an emergency.

Do you notify each other when you are going out of town?

How will you check on you one another and offer assistance in the event of an emergency?

Are you all familiar with your emergency preparedness plans?

Do they know where you keep emergency supplies, medication, and emergency equipment? What supplies will you need to take with you if you need to evacuate?

Are there different ways you can get out of the building? Practice evacuating together.

Do they have copies of your emergency documents, evacuation plan, and emergency health information?

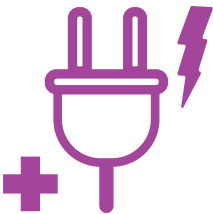
How will you contact one other? Do you have another way of communicating if your telephones are not working?

## Do you receive regular services?

If you depend on others to receive home health care, transportation, feeding, bathing, dialysis, etc., Make a plan with each service provider. Talk to them about their disaster plans and how to contact them in an emergency. Work with them to identify back-up service providers who could help if they are not available in the case of an emergency.

## INDIVIDUALS WITH PHYSICAL OR COGNITIVE DISABILITIES

Your needs may differ if you or a household member has physical or cognitive disabilities. Here are some things to consider to better prepare for emergencies.



# Medical Equipment

If your equipment requires electricity, talk to your health care provider about how you can prepare for its use during a power outage. Try to keep a charged, backup battery power source.

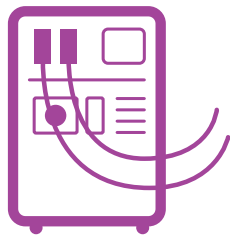
How will you evacuate with this device?

How will you replace the device if it is lost or destroyed?

## Resources

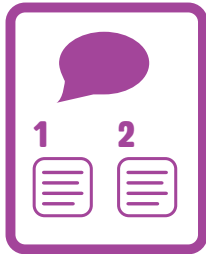
The Northwest Access Fund has a list of loan closets around Oregon. Loan closets provide free and low-cost medical equipment on a long-term loan basis. Equipment provided includes manual and electric wheelchairs, scooters, lifts, walkers, canes, hospital beds, bathroom equipment, and more.

You can find more information on their website: [www.nwaccessfund.org/loan-closets/](http://www.nwaccessfund.org/loan-closets/)  
**Email:** info@nwaccessfund.org  
**Or call:** 206-328-5116.



Dialysis

If you are dependent on dialysis or other life-sustaining treatment know the location and availability of more than one facility.



Communication

Make sure your emergency information says the best way to communicate with you. This could include cards with phrases or pictures, writing instructions on a piece of paper, etc.

Tips for People Who are Deaf or Hard of Hearing

Here are some helpful supplies that can make receiving communicating with others easier in an emergency:

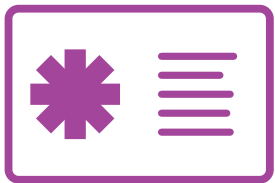
A portable radio with text display and a flashing alert

Extra hearing-aid batteries

Pen and paper

Tips for People Who are Blind or Visually Impaired

Become familiar with th different tones used for emergency alerts on cell phones. Use a battery operated radio to get emergency information.



Medical ID

You can wear a medical alert bracelet or keep a medical ID card with you, to give responders a better idea of what is going on and the best ways to help.

If you use an augmentative communications device or other assistive technologies, how will you communicate with others if your equip-ment is not working?

Keep a Braille or deaf-blind communications device as a part of your emergency supply kit.

Tips for People with Speech Disability

If you use an augmentative communications device or other assistive technologies, see “Things to Consider” section above to plan how to evacuate with that device and what to do if it isn’t working.

Alternative ways of communicating include (laminated) cards with phrases or pictures, notes on cellphones and pen and paper.

Tips for People with a Mobility Disability

If you use a power wheelchair, it would be a good idea to have a lightweight manual chair for backup in an emergency.

Show your personal support team members how to operate your wheelchair.

Consider having an extra battery for a power wheelchair or other medical devices. Keep batteries charged.

Consider keeping an extra mobility device (example: cane or walker).

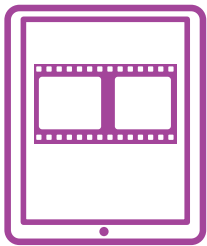
Loan closets provide free and low-cost medical equipment like walkers and wheelchairs, on a long-term loan basis. See information on page 65.



Tips for Individuals Who May Need Behavioral Support

An emergency situation can be especially hard for individuals who may have difficulty in unfamiliar or chaotic environments. Plan ahead for children with disabilities and household members who may have post-traumatic stress disorder (PTSD).

Helpful emergency supplies might include:



Handheld devices with downloaded songs, movies and games



Headphones to decrease audio stimulation



Comfort snacks



Toys

Tips for In individuals with Diabetes

Here are some helpful supplies to consider having accessible in case of an emergency:

Emergency supply of insulin or other diabetic medications.

Blood glucose testing supplies.

Gel packs or ice packs you can use to keep your insulin cold if there is a power outage.

Snacks to treat a hypoglycemic reaction (example: glucose tabs/gel, juice, soda, honey, hard candy, etc.)

## EMERGENCY EVACUATIONS

In case of a fire, power outage, or any other emergency, do NOT use the elevator. Stay in place if possible. If evacuating the building is necessary, identify another safe exit route. If you have mobility limitations or other physical or sensory disabilities, make sure that you communicate your needs with your support team to figure out alternative ways to exit the building.



### Things to

## CONSIDER

### IN ALL EMERGENCIES, WHEN AN EVACUATION HAS BEEN ORDERED

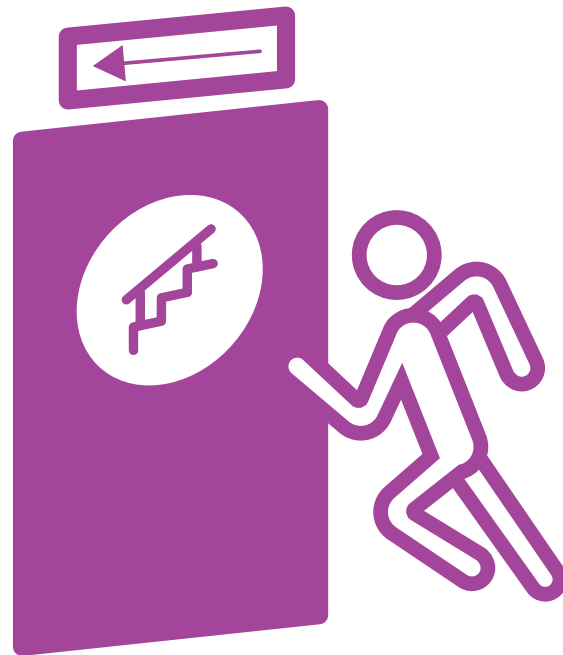
People with disabilities will be given high priority in emergency evacuation situations

Only assist with a rescue evacuation if you have checked yourself for injury first.

Check on people who may need additional needs during an evacuation.

*Always ask someone with a disability if they need help BEFORE providing assistance*

Call 9-1-1, only if the situation is life threatening.



How will you evacuate the building in case of an emergency if the elevator is not working? Have you identified other routes to exit the building safely?

Can you identify a neighbor who may be able to provide assistance? Would they be able to help you evacuate or bring you supplies?

### BLIND/VISUALLY IMPAIRED

Tell the person what is going on and offer to guide them.

*Do not grasp a person's arm or try to move them without asking for consent to help*

Make sure canes and other mobility aids are not left behind.

Use verbal instructions to guide them on the safest route.

*Examples include estimated distances, left, right, obstacles in their path, and other information.*

Once you have reached safety, ask if they have any other needs.

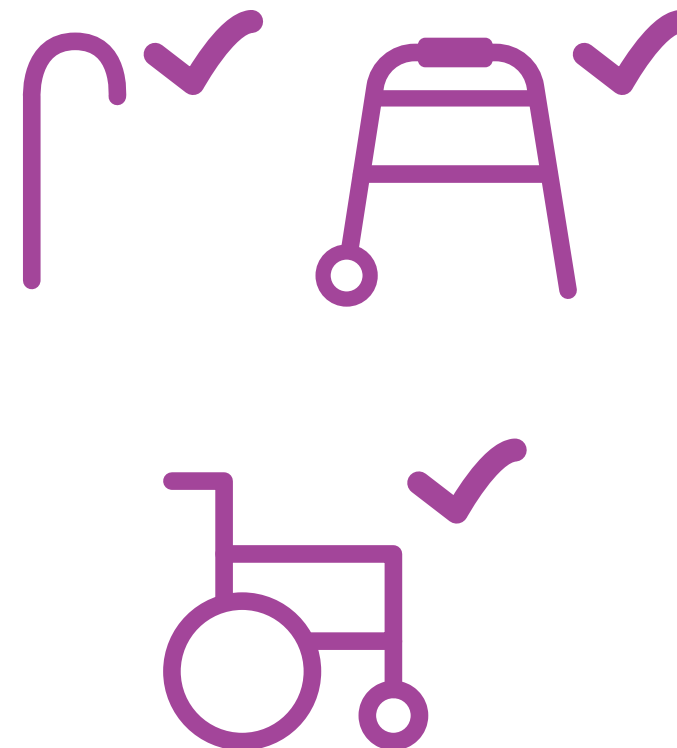
### DEAF/HEARING LOSS

A flashing light can alert an individual who is deaf or hearing impaired to an alarm that is going off.

Be careful not to startle the individual when getting their attention to prevent tripping or falling.

If an individual who is deaf or hearing impaired does not notice the warning signs, you can try using visual signs to get their attention

*Write a note about what is happening and where to go (example: "fire - go out the front door to the parking lot"), turn the room lights on and off to get their attention, and use hand gestures to show them where to go.*



### MOBILITY IMPAIRMENTS

Do NOT try to evacuate an individual with mobility impairments unless you are a trained personnel or the situation is life-threatening.

*You can help clear the exit route of debris, if possible.*

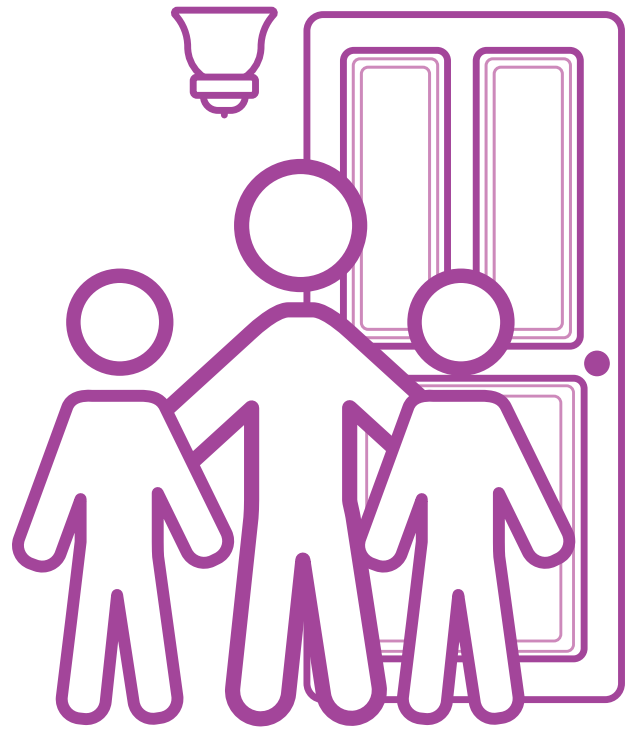
If people with mobility impairments cannot evacuate, move them to a safer area.

*Enclosed stairwells, room with the door shut, other areas that are far away from the hazard*

Notify emergency responders immediately about anyone who is still in the building.

*Let them know their name and where you think they are located.*

Evacuate with their canes, crutches, or walkers if possible.



## HOUSEHOLDS WITH MINORS

Making a household plan may look different if you are also preparing for minors. This includes planning for their needs and identifying appropriate ways to communicate with them about preparing for emergencies.

\* Make sure to fill out a Personal Ability and Needs Assessment with all house-hold members, including minors. More copies of this form can be found in the *Appendix*, on page 82.

### Communicating with Minors

Find out the emergency plan for their school/ daycare. What location will the school/daycare evacuate to during an emergency?

Talk about this together, so they know what to do if something happens while they are at school.

Child's Name	Evacuation Site (address and contact info)
Child's Name	Evacuation Site (address and contact info)
Child's Name	Evacuation Site (address and contact info)

### Emergency Contacts

It is important to identify who can get to a minor if they are not with you and you are unable to reach them.

### Please identify an emergency contact for the minor.

If you are not able to get to the minor, who could pick them up from school in an emergency?

Make sure this is someone you trust.

Name	Phone	Email
Name	Phone	Email
Name	Phone	Email



### EC (Em ergency Co ntacts) in p hone

Create an EC contact in your phone by saving the word "EC" in front of their name (Example: EC John). This makes it easy for responders to find your contacts. Try to include as much information as you can in their contact details, including different phone numbers, address and email. Find out more information at: [https://www.oregon.gov/oem/Documents/locals\\_list.pdf](https://www.oregon.gov/oem/Documents/locals_list.pdf)

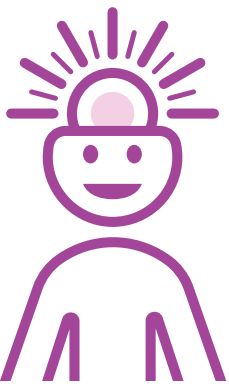
You can make your own using the information below:

- Print one card for each household member.
- Write the contact information for each household member, such as work, school, and cell phone numbers.
- Fold the card so it will fit in a pocket, wallet, or purse.
- Make sure to carry the card with you so it is available in the event of any emergency.



### Emergency Contact Card

You can create an Emergency Contact Card for all household members. Give these cards to your family members so they know what to do if you are separated. The American Red Cross has a template for these Emergency Contact Cards. These cards can also be found in the *Appendix* on page 94. ([https://www.redcross.org/content/dam/red-cross/National/m4240194\\_ECCard.pdf](https://www.redcross.org/content/dam/red-cross/National/m4240194_ECCard.pdf)).



### Mental and Physical Wellness

Do you have a minor in the household with physical or cognitive disabilities? Refer to the section for "Individuals with Additional Needs" to create a plan to match their needs.



Animal Needs Assessment

What is your animal's name?  
\_\_\_\_\_

How old is your animal?  
\_\_\_\_\_

What is their current weight?  
\_\_\_\_\_

Does the animal have an identification chip implanted?  
☐ Yes   ☐ No

What is their ID number?  
\_\_\_\_\_

Is your animal updated on its vaccinations?  
☐ Yes   ☐ No

Does your animal have any allergies?  
☐ Yes   ☐ No

PET & ASSISTANCE/  
SUPPORT ANIMAL  
OWNERS

Pets and service/support animals are a very important part of the family. They need a plan too! First start by filling out an animal needs assessment. If you have more than one animal, more copies of this form can be found in the *Appendix*, on page 96.

VACCINES	DATE RECEIVED
<input type="checkbox"/> Rabies	_____
<input type="checkbox"/> Canine parvovirus	_____
<input type="checkbox"/> Canine distemper	_____
<input type="checkbox"/> Canine hepatitis	_____
<input type="checkbox"/> Feline distemper (panleukopenia)	_____
<input type="checkbox"/> Feline calicivirus	_____
<input type="checkbox"/> Feline herpesvirus type I (rhinotracheitis)	_____

OTHER VACCINES	DATE RECEIVED
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

What allergies do they have?  
\_\_\_\_\_

Does your animal take any medication?  
☐ Yes   ☐ No

Medication	Dosage	Reason for use
_____	_____	_____
_____	_____	_____
_____	_____	_____

What type and brand of food does the animal normally eat? If possible, store some extra food for your animal. Do not wait until you run out to get more food for them.  
\_\_\_\_\_  
\_\_\_\_\_

What is your animal NOT allowed to have (example: food, toys, treats, etc.)?  
\_\_\_\_\_  
\_\_\_\_\_

Is there anything else first responders or caring neighbors should know about your animal? (example: have they shown signs of aggression, are they afraid of loud noises, do they try to run away, are they okay with children/other animals, etc.)?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Plan Ahead**

How will you transport your pet if you need to evacuate the building?  
\_\_\_\_\_

This could include keeping a leash nearby or an animal carrier that you are able to easily move on your own. If you are unable to transport your animal(s) on your own, think of what kind of assistance you will need.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Identify friends, family, or neighbors who could help take care of your pet/assistance animal during an emergency.

Consider becoming friends with other pet owners in your building for additional support.

Name	Phone	Email
Name	Phone	Email
Name	Phone	Email

Make a list of facilities and veterinarians who could shelter your animal(s) in an emergency. Most emergency shelters allow pets, although some may only allow service animals.

**GO PET FRIENDLY**  
Find pet friendly hotels:  
[www.gopetfriendly.com/](http://www.gopetfriendly.com/)

Name of facility	Address	Phone
Name of facility	Address	Phone
Name of facility	Address	Phone

**What should you do if you must leave an animal behind?**

- Let responders know if you had to leave an animal behind.
- If you have time, leave a large container of water and food.
- Do NOT tie animals up inside.

**OREGON PET SHELTERS AND ANIMAL RESCUE**  
For Oregon Pet Shelters and Animal Rescue information go to:  
[www.oregonhumane.org/services/](http://www.oregonhumane.org/services/)

**MORE RESOURCES**

**ASPCA**  
Disaster Preparedness

**WEBSITE**  
[www.asPCA.org/pet-care/general-pet-care/disaster-preparedness](http://www.asPCA.org/pet-care/general-pet-care/disaster-preparedness)

**FEMA**  
Preparing your Pets Makes Sense

**VIDEO**  
<https://www.youtube.com/watch?v=juB48LbB58s>

**Humane Society**  
Pet Disaster Preparedness

**WEBSITE**  
[www.humanesociety.org/resources/pet-disaster-preparedness](http://www.humanesociety.org/resources/pet-disaster-preparedness)

**Multnomah County**  
Emergency Management

**WEBSITE**  
<https://multco.us/em/animals-and-livestock>

**Ready**  
Pets and Animals

**WEBSITE**  
<https://www.ready.gov/pets>



**American Red Cross**  
Pet Disaster Preparedness

**WEBSITE**  
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/pet-disaster-preparedness.html>

# COLLECT EMERGENCY SUPPLIES

What you have on hand when a disaster strikes can make a huge difference for your comfort and safety. You may be left without electricity, gas, water, and phone service for several days. We know that collecting "extra" supplies for an emergency might be difficult for you and/or your household. Building an emergency kit can be expensive and seem like a huge task. Provided here are some helpful tips and resources to make this process easier and more realistic when planning on a budget.



## Planning on a Budget

What supplies do you already have that might be useful during an emergency? This could include a flashlight, medical supplies, and more.

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## Priority Items

The list below are some recommended supplies you can get for low to no cost to better prepare yourself for an emergency. You can find many of these items at your local Dollar Store or grocery store. Copies of this supply list can be found in the *Appendix*, on page 102.

- ☐  Water
- ☐  Non-perishable food
- ☐  Medication and medical supplies
- ☐  Emergency papers
- ☐  First aid supplies
- ☐  Sanitation and personal hygiene supplies

## Other items to consider

- ☐ Flashlight and extra batteries
- ☐ Portable charger
- ☐ Extra clothes and blankets
- ☐ Battery-operated radio
- ☐ Can opener

## More Information

### FOOD

Choose foods that have a long shelf life. Non-perishable food items that would be good in a disaster include:

- ☐ Granola bars
- ☐ Grains/rice
- ☐ Ready to eat canned foods (example: fruits, vegetables, beans, etc.)
- ☐ Peanut butter
- ☐ Dried fruit
- ☐ Candy

### WATER

It is recommended to include one gallon of water per person per day for drinking and sanitation. Don't forget your animals need water too!



You do not have to stock up on this food all at once. Try picking up one extra supply each time you go to the store. Reach out to your Resident and Community Service Coordinator for food assistance programs.

### LOCATOR

Use this locator to find Oregon Food Banks near you:  
<https://foodfinder.oregonfoodbank.org/>

### Medication and medical supplies











This includes prescribed medication, over the counter medication, and other medical supplies. The U.S. Department of Health and Human Services' on line tool helps people locate and access their electronic health records from a variety of sources.

### Emergency papers

Store your emergency papers (see Gather Emergency Papers section) in clean, dry containers. Make sure they are easy to grab in an emergency. You can find free apps on your mobile phone to safely store digital copies and photos of these important documents.

FIRST AID +  
SUPPLIES

Your first aid kit could include the following:

- ☐ Band aids
- ☐ Neosporin
- ☐ Hydrogen peroxide
- ☐ Sanitation wipes
- ☐ Eye drops
- ☐ Disposable gloves
- ☐ Face covering
- ☐ Tweezers
- ☐ Scissors
- ☐ Tape

\* You can find these items at the Dollar Store and keep them together in a zip lock bag

SUPPLIES  
CHECKLIST  
SANITATION & PERSONAL HYGIENE

Personal hygiene supplies:

- ☐ Hand Soap
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Toilet Paper
- ☐ Feminine Products

Household sanitation supplies:

- ☐ Trash Bags
- ☐ Sponges
- ☐ Dish Soap
- ☐ Rags
- ☐ Multi-Purpose Cleaners

Where will I go to the bathroom in the event of a large-scale disaster?

PHLUSH (Public Hygiene Lets Us Stay Human) is a volunteer-based advocacy group based in Portland. They have started the "Twin-Bucket Emergency Toilet" initiative.

TO LEARN MORE VISIT

<https://www.phlush.org/wp-content/uploads/2014/03/Twin-Bucket-Leaflet-in-pdf.pdf>

Some helpful tips:



COLLECT TWO BUCKETS

You can get free buckets from MetroPaint (<https://www.oregonmetro.gov/tools-living/healthy-home/metropaint>) at 4825 N. Basin Ave, Portland, OR 97217, call 503-289-0047



PLACE A PLASTIC BAG IN THE BUCKET FOR FECES

It takes 2 – 3 weeks for 3 people to fill the bucket with feces and toilet paper; after the bag is full it is important to dispose of this waste properly.

Extra clothes and blankets

Having extra clothes, under garments, and blankets would be useful if you must find shelter or if you are dealing with extreme cold weather. You can pick out a few clothing items you already have to put in your emergency kit. Make sure that these clothes can layer, for use in all weather.

SUPPLIES FOR SMALL CHILDREN

- Extra cans of baby food or formula
- Diapers and other hygiene products
- Games and toys



TRY NOT TO MIX THE URINE AND FECES

Label the two buckets separately, one for "poop" and one for "pee"



URINE CAN BE SAFELY DUMPED IN A GRASSY SPACE OUTDOORS OR IN A FUNCTIONING STREET DRAIN

Can opener

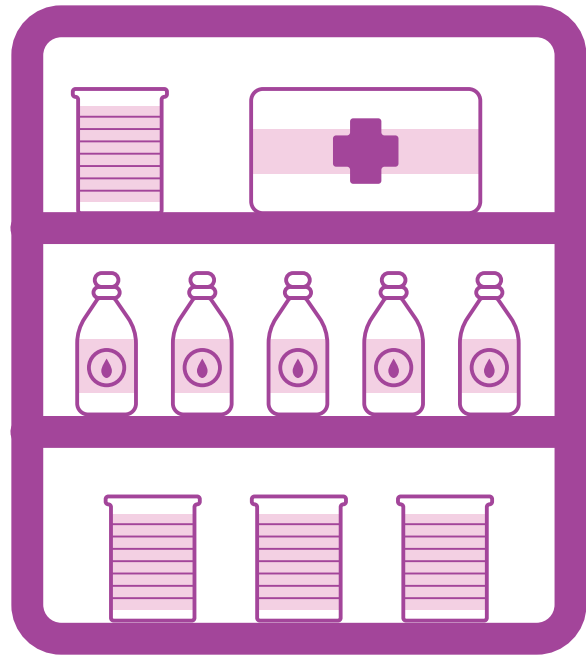
It would be helpful to have a portable can opener if you plan on using canned foods during an emergency.

Portable charger

Being able to charge your phone will be help you connect to your emergency contacts and receive local updates.

SUPPLIES FOR PETS/ASSISTANCE AND SUPPORT ANIMALS

- Extra animal food
- If you cannot afford to buy extra food, try to replace food before they run out just in case
- ID and important documents
- Keep a collar, leash, and or carrier handy



### Follow these steps

Keep canned foods in a cool, dry place

*Do not eat canned food if the can is bulging out or cracked*

Store sealed bottled water in a cool, dark place

*Rotate your water every 6 months to a year*

Replace expired items as needed

Re-asses your needs every year and update your “kit”

### Storage Options

Since we cannot plan where you will be when an emergency occurs, it would be good to prepare supplies in areas you spend the most of your time. This could include your home, workplace, or car.

### HOME

You can keep your supplies in a designated place around your house. They should be accessible in case you have to leave your home quickly. Make sure all family members know where these supplies can be found.

## MAINTAINING YOUR SUPPLIES

Make sure you are properly maintaining these supplies so they are ready to use in an emergency. If you have organized your supplies into a “kit”, look through it every year or so to make sure everything is still in good condition.

### Some of places to store a “kit” in your apartment could include:

A closet

Near the front door

Under the sink

Under the bed

Storage unit outside of the apartment

In an empty suitcase, backpack, or in a laundry basket

Behind the couch

In-unit laundry area (not communal laundry areas)

Get creative!

### WORKPLACE

Be prepared to shelter at work in case of emergency. If you have a designated work space, you could keep emergency supplies there. This could include food, water, non-prescribed medication, walking shoes, a change of clothes, and more.

### CAR

In case you are stranded, keep some essential emergency supplies in your car.

### Additional emergency supplies you might want to keep in your car include:

Your Emergency Contact List

Jumper cables

Water

Car phone charger

Blanket or towels

## MORE RESOURCES

### American Red Cross

Survival Kit Supplies

### WEBSITE

[www.redcross.org/get-help/how-to-pre-prepare-for-emergencies/survival-kit-supplies.html](http://www.redcross.org/get-help/how-to-pre-prepare-for-emergencies/survival-kit-supplies.html)

### Multnomah County

Disaster Supply Kit

### WEBSITE

<https://multco.us/em/gather-supplies-customize-your-kit>

### Ready

Build a Kit

### WEBSITE

[www.ready.gov/kit](http://www.ready.gov/kit)

### Regional Water

### Providers consortium

Emergency Water Preparedness

### WEBSITE

[www.regionalh2o.org/emergency-pre-paredness](http://www.regionalh2o.org/emergency-pre-paredness)

### How to Store Your Own Emergency Supply of Water

### WEBSITE

[www.youtube.com/watch?v=UraN-Q6E6V8A](http://www.youtube.com/watch?v=UraN-Q6E6V8A)

### Preparing a Family Emergency Kit

### WEBSITE

[www.youtube.com/watch?v=37jZldPbHBY](http://www.youtube.com/watch?v=37jZldPbHBY)

### Building a Basic Emergency Preparedness Kit on a Budget

### WEBSITE

[www.youtube.com/watch?v=mNsaP1yqVrc](http://www.youtube.com/watch?v=mNsaP1yqVrc)

Personal Ability & Needs Assessment

Please complete a personal ability and needs assessment for all household members.



Daily Living

Before answering these questions, ask yourself:  
What are my abilities for today? What help will I need during an emergency?

PERSONAL CARE

Do you or anyone in your household need regular assistance with personal care, like bathing and grooming?

☐ Yes ☐ No

If so, what kind of assistance?

\_\_\_\_\_

\_\_\_\_\_

Do you use adaptive equipment to help you get dressed?

☐ Yes ☐ No

If so, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

WATER SERVICE

What will you do if water service is cut off for several days? What will you do if you are unable to heat water?

\_\_\_\_\_

\_\_\_\_\_

PERSONAL CARE EQUIPMENT

Do you use a shower chair, tub-transfer bench, or other similar equipment?

☐ Yes ☐ No

If yes, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

ADAPTIVE FEEDING DEVICES

Do you use any special utensils that allow you to prepare or eat food independently without assistance?

☐ Yes ☐ No

If so, what kind of utensils?

\_\_\_\_\_

\_\_\_\_\_

Do you have a safe back-up power supply and how long will it last?

\_\_\_\_\_

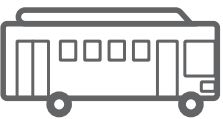
\_\_\_\_\_

ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity — such as power wheelchair--- if there is a power outage?

\_\_\_\_\_

\_\_\_\_\_



Getting Around

DISASTER DEBRIS

How will you clean up debris in your unit after an emergency? Are there heavier objects near the door that could make it hard to evacuate quickly?

\_\_\_\_\_

\_\_\_\_\_

ERRANDS

Do you need help to get groceries, medications, and medical supplies?

☐ Yes ☐ No

If so, what kind of help?

\_\_\_\_\_

TRANSPORTATION

Do you need a specially equipped vehicle or accessible transportation?

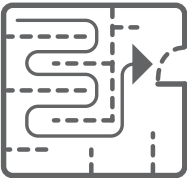
☐ Yes ☐ No

\_\_\_\_\_

\_\_\_\_\_



What will you do if your caregiver or personal support team are not able to reach you?



# Evacuation Plan

## BUILDING EVACUATION

Do you need help to leave your home or office?

Yes

No

## BUILDING EXITS

Are there other exits — stairs, windows or ramps - if the elevator is not working or is not safe to use?

## GETTING HELP

How will you get in contact with your support team, or others to assist you when leaving the building?

Will you be able to evacuate without visual or auditory cues if the power is out?

Yes

No

Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted? Ask your property manager if you are unsure about these questions.

If you have hearing aids, would they work if they were to get wet from the emergency sprinklers?

Yes

No

## ASSISTANCE OR SUPPORT ANIMALS/PETS

Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

Yes

No

How will you communicate with emergency personnel? Do you need an interpreter, hearing aids, or communication device to communicate with others? What will you need to communicate if you don't have access to these things?

Do you have the appropriate licenses for your service animal? Do you have it somewhere you can grab it if you need to evacuate and go to an emergency public shelter?

Yes

No



# Daily Living

Before answering these questions, ask yourself:  
What are my abilities for today? What help will I need during an emergency?

## PERSONAL CARE

Do you or anyone in your household need regular assistance with personal care, like bathing and grooming?

☐ Yes    ☐ No

If so, what kind of assistance?

\_\_\_\_\_

\_\_\_\_\_

Do you use adaptive equipment to help you get dressed?

☐ Yes    ☐ No

If so, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

## WATER SERVICE

What will you do if water service is cut off for several days? What will you do if you are unable to heat water?

\_\_\_\_\_

\_\_\_\_\_

## PERSONAL CARE EQUIPMENT

Do you use a shower chair, tub-transfer bench, or other similar equipment?

☐ Yes    ☐ No

If yes, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

## ADAPTIVE FEEDING DEVICES

Do you use any special utensils that allow you to prepare or eat food independently without assistance?

☐ Yes    ☐ No

If so, what kind of utensils?

\_\_\_\_\_

\_\_\_\_\_

Do you have a safe back-up power supply and how long will it last?

\_\_\_\_\_

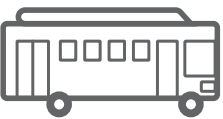
\_\_\_\_\_

## ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity — such as power wheelchairs - if there is a power outage?

\_\_\_\_\_

\_\_\_\_\_



# Getting Around

## DISASTER DEBRIS

How will you clean up debris in your unit after an emergency? Are there heavier objects near the door that could make it hard to evacuate quickly?

\_\_\_\_\_

\_\_\_\_\_

## ERRANDS

Do you need help to get groceries, medications, and medical supplies?

☐ Yes    ☐ No

If so, what kind of help?

\_\_\_\_\_

## TRANSPORTATION

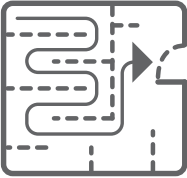
Do you need a specially equipped vehicle or accessible transportation?

☐ Yes    ☐ No

\_\_\_\_\_

\_\_\_\_\_

What will you do if your caregiver or personal support team are not able to reach you?



# Evacuation Plan

## BUILDING EVACUATION

Do you need help to leave your home or office?

☐ Yes

☐ No

## BUILDING EXITS

Are there other exits — stairs, windows or ramps - if the elevator is not working or is not safe to use?

## GETTING HELP

How will you get in contact with your support team, or others to assist you when leaving the building?

Will you be able to evacuate without visual or auditory cues if the power is out?

☐ Yes

☐ No

Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted? Ask your property manager if you are unsure about these questions.

If you have hearing aids, would they work if they were to get wet from the emergency sprinklers?

☐ Yes

☐ No

## ASSISTANCE OR SUPPORT ANIMALS/PETS

Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

☐ Yes

☐ No

How will you communicate with emergency personnel? Do you need an interpreter, hearing aids, or communication device to communicate with others? What will you need to communicate if you don't have access to these things?

Do you have the appropriate licenses for your service animal? Do you have it somewhere you can grab it if you need to evacuate and go to an emergency public shelter?

☐ Yes

☐ No

Personal Ability & Needs Assessment

Please complete a personal ability and needs assessment for all household members.



Daily Living

Before answering these questions, ask yourself:  
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\_\_\_\_\_

\_\_\_\_\_

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☐ Yes ☐ No

If so, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

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If so, what kind of utensils?

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

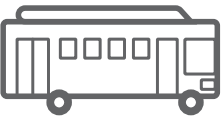
\_\_\_\_\_

ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity — such as power wheelchairs - if there is a power outage?

\_\_\_\_\_

\_\_\_\_\_



Getting Around

DISASTER DEBRIS

How will you clean up debris in your unit after an emergency? Are there heavier objects near the door that could make it hard to evacuate quickly?

\_\_\_\_\_

\_\_\_\_\_

ERRANDS

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☐ Yes ☐ No

If so, what kind of help?

\_\_\_\_\_

TRANSPORTATION

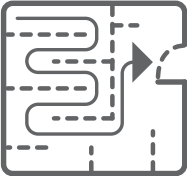
Do you need a specially equipped vehicle or accessible transportation?

☐ Yes ☐ No

\_\_\_\_\_

\_\_\_\_\_

What will you do if your caregiver or personal support team are not able to reach you?



# Evacuation Plan

## BUILDING EVACUATION

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☐ Yes

☐ No

## BUILDING EXITS

Are there other exits — stairs, windows or ramps - if the elevator is not working or is not safe to use?

## GETTING HELP

How will you get in contact with your support team, or others to assist you when leaving the building?

Will you be able to evacuate without visual or auditory cues if the power is out?

☐ Yes

☐ No

Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted? Ask your property manager if you are unsure about these questions.

If you have hearing aids, would they work if they were to get wet from the emergency sprinklers?

☐ Yes

☐ No

## ASSISTANCE OR SUPPORT ANIMALS/PETS

Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

☐ Yes

☐ No

How will you communicate with emergency personnel? Do you need an interpreter, hearing aids, or communication device to communicate with others? What will you need to communicate if you don't have access to these things?

Do you have the appropriate licenses for your service animal? Do you have it somewhere you can grab it if you need to evacuate and go to an emergency public shelter?

☐ Yes

☐ No



Directions:  
Print out a card for everyone in your household.  
Fill in your emergency contact information.  
Carry this card with you to reference in the event of a disaster or other emergency.

Police: Call 9-1-1 or \_\_\_\_\_

Fire Dept.: Call 9-1-1 or \_\_\_\_\_

Ambulance: Call 9-1-1 or \_\_\_\_\_

Poison Control Center: 800-222-1222

Health Care Provider: \_\_\_\_\_

Important Phone Nos.

Emergency Contact Card

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

People to Call or Text in an Emergency

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Out-of-Area Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

Meeting Place Outside of Neighborhood: \_\_\_\_\_

Police: Call 9-1-1 or \_\_\_\_\_

Fire Dept.: Call 9-1-1 or \_\_\_\_\_

Ambulance: Call 9-1-1 or \_\_\_\_\_

Poison Control Center: 800-222-1222

Health Care Provider: \_\_\_\_\_

Important Phone Nos.

Emergency Contact Card

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

People to Call or Text in an Emergency

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Out-of-Area Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

Meeting Place Outside of Neighborhood: \_\_\_\_\_

Visit [redcross.org](https://www.redcross.org) for more valuable information about creating an emergency communications plan, putting together an emergency preparedness kit and for any other type of important preparedness information.

Police: Call 9-1-1 or \_\_\_\_\_

Fire Dept.: Call 9-1-1 or \_\_\_\_\_

Ambulance: Call 9-1-1 or \_\_\_\_\_

Poison Control Center: 800-222-1222

Health Care Provider: \_\_\_\_\_

Important Phone Nos.

Emergency Contact Card

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

People to Call or Text in an Emergency

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Out-of-Area Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

Meeting Place Outside of Neighborhood: \_\_\_\_\_

Police: Call 9-1-1 or \_\_\_\_\_

Fire Dept.: Call 9-1-1 or \_\_\_\_\_

Ambulance: Call 9-1-1 or \_\_\_\_\_

Poison Control Center: 800-222-1222

Health Care Provider: \_\_\_\_\_

Important Phone Nos.

Emergency Contact Card

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

People to Call or Text in an Emergency

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Out-of-Area Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

Meeting Place Outside of Neighborhood: \_\_\_\_\_

Animal Needs Assessment

Please complete and Animal Needs Assessment for every pet and/or assistance/support animal.

Animal #1

Animal Needs Assessment

What is your animal's name?

How old is your animal?

What is their current weight?

Does the animal have an identification chip implanted?

What is their ID number?

Is your animal updated on its vaccinations?

Does your animal have any allergies?

VACCINES	DATE RECEIVED
<input type="checkbox"/> Rabies	
<input type="checkbox"/> Canine parvovirus	
<input type="checkbox"/> Canine distemper	
<input type="checkbox"/> Canine hepatitis	
<input type="checkbox"/> Feline distemper (panleukopenia)	
<input type="checkbox"/> Feline calicivirus	
<input type="checkbox"/> Feline herpesvirus type I (rhinotracheitis)	

OTHER VACCINES	DATE RECEIVED
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

What allergies do they have?

Does your animal take any medication?

Medication	Dosage	Reason for use

What type and brand of food does the animal normally eat? If possible, try storing some extra food for your animal(s).

What is your animal NOT allowed to have (example: food, toys, treats, etc.)?

Is there anything else first responders or caring neighbors should know about your animal (example: have they shown signs of aggression, are they afraid of loud noises, do they try to run away, are they okay with children/other people, etc.)?

Animal Needs Assessment

Please complete and Animal Needs Assessment for every pet and/or assistance/support animal.

Animal #2

Animal Needs Assessment

What is your animal's name?

How old is your animal?

What is their current weight?

Does the animal have an identification chip implanted?

Yes No

What is their ID number?

Is your animal updated on its vaccinations?

Yes No

Does your animal have any allergies?

Yes No

VACCINES	DATE RECEIVED
<input type="checkbox"/> Rabies	
<input type="checkbox"/> Canine parvovirus	
<input type="checkbox"/> Canine distemper	
<input type="checkbox"/> Canine hepatitis	
<input type="checkbox"/> Feline distemper (panleukopenia)	
<input type="checkbox"/> Feline calicivirus	
<input type="checkbox"/> Feline herpesvirus type I (rhinotracheitis)	

OTHER VACCINES	DATE RECEIVED
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

What allergies do they have?

Does your animal take any medication?

Yes No

Medication	Dosage	Reason for use

What type and brand of food does the animal normally eat? If possible, try storing some extra food for your animal(s).

What is your animal NOT allowed to have (example: food, toys, treats, etc.)?

Is there anything else first responders or caring neighbors should know about your animal (example: have they shown signs of aggression, are they afraid of loud noises, do they try to run away, are they okay with children/other people, etc.)?

Animal Needs Assessment

Please complete and Animal Needs Assessment for every pet and/or assistance/support animal.

Animal #3

Animal Needs Assessment

What is your animal's name?

How old is your animal?

What is their current weight?

Does the animal have an identification chip implanted?

What is their ID number?

Is your animal updated on its vaccinations?

Does your animal have any allergies?

VACCINES	DATE RECEIVED
<input type="checkbox"/> Rabies	
<input type="checkbox"/> Canine parvovirus	
<input type="checkbox"/> Canine distemper	
<input type="checkbox"/> Canine hepatitis	
<input type="checkbox"/> Feline distemper (panleukopenia)	
<input type="checkbox"/> Feline calicivirus	
<input type="checkbox"/> Feline herpesvirus type I (rhinotracheitis)	

OTHER VACCINES	DATE RECEIVED
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

What allergies do they have?

Does your animal take any medication?

Medication	Dosage	Reason for use

What type and brand of food does the animal normally eat? If possible, try storing some extra food for your animal(s).

What is your animal NOT allowed to have (example: food, toys, treats, etc.)?

Is there anything else first responders or caring neighbors should know about your animal (example: have they shown signs of aggression, are they afraid of loud noises, do they try to run away, are they okay with children/other people, etc.)?

# SUPPLIES CHECKLIST

## EMERGENCY SUPPLIES

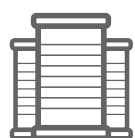
The list below are some recommended supplies you can get for low to no cost to better prepare yourself for an emergency. You can find many of these items at your local Dollar Store or grocery store.

### Directions:

Rip this checklist out and take it with you to the store.



☐ Water!



☐ Non-perishable food



☐ Medication and medical supplies



☐ Emergency papers



☐ First aid supplies



☐ Sanitation and personal hygiene supplies

### Other items to consider

- ☐ Flashlight and extra batteries   ☐ Portable charger   ☐ Extra clothes and blankets   ☐ Battery-operated radio   ☐ Can opener

## EXTRA RESOURCES

### Ready.gov

#### WEBSITE

##### more detailed Emergency Communication Plan:

<https://www.ready.gov/sites/default/files/2020-03/create-your-family-emergency-communication-plan.pdf>

##### Fillable Card:

[https://www.ready.gov/sites/default/files/2020-03/family-communication-plan\\_fillable-card.pdf](https://www.ready.gov/sites/default/files/2020-03/family-communication-plan_fillable-card.pdf)

### EC Information

#### WEBSITE

<https://www.wikihow.com/Add-ICE-to-Your-Cell-Phone>

### Daily living

#### WEBSITE

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>

### Sheltering info

#### WEBSITE

<https://www.ready.gov/shelter>

### Additional Needs

#### WEBSITE

[https://www.adasoutheast.org/publications/resourcelists/emergency\\_preparedness\\_resources\\_disabilities.pdf](https://www.adasoutheast.org/publications/resourcelists/emergency_preparedness_resources_disabilities.pdf)

### Preparedness Tips for Diabetics

#### WEBSITE

<https://www.aace.com/disease-and-conditions/diabetes/are-you-prepared-manage-your-diabetes-emergency>

### Pets

#### WEBSITE

<https://www.ready.gov/pets>

### Kit

#### WEBSITE

##### Water:

<https://www.ready.gov/water>

##### Food:

<https://www.ready.gov/food>

### Elevator Emergencies

#### WEBSITE

<https://www.dllr.state.md.us/labor/safety/elevbrochure.shtml>

[https://www.ucop.edu/risk-services/\\_files/bsas/safetymeetings/elevatorsafety\\_tips.pdf](https://www.ucop.edu/risk-services/_files/bsas/safetymeetings/elevatorsafety_tips.pdf)

[https://www.fm.uci.edu/news/doc\\_news/ElevatorSafetyTips.pdf](https://www.fm.uci.edu/news/doc_news/ElevatorSafetyTips.pdf)

##### Elevator do's and don'ts:

<https://www.alcorelevator.com/blog/dos-and-donts-of-elevator-safety/>

### Guidelines for Persons with Disabilities in Emergencies

#### WEBSITE

<https://www.csusm.edu/em/procedures/>



**Pandemic**

**WEBSITE**

<https://www.ready.gov/pandemic>

[https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymp-toms-testing%2Fyour-health.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymp-toms-testing%2Fyour-health.html)

**Cold Weather**

**WEBSITE**

<https://www.ready.gov/winter-weather>

**Seasonal affective disorder:**

<https://multco.us/winter-weather/winter-blues>

**Recognize and respond:**

<https://www.mayoclinic.org/diseases-conditions/frostbite/symptoms-causes/syc-20372656>

<https://www.mayoclinic.org/diseases-conditions/hypothermia/symptoms-causes/syc-20352682>

**Wildfires/Air Quality**

**WEBSITE**

<https://multco.us/air-quality-public-health-problem/smoke-and-wildfire>

**Evacuation levels:**

<https://multco.us/em/wildfire-safety-and-prevention>

<https://multco.us/file/84244/download>

<https://www.publicalerts.org/hazards/wild-fire-smoke>

**Learn more:**

<https://smokeybear.com/en>

**Flooding/Landslides**

**WEBSITE**

<https://multco.us/em/flooding-and-landslides>

**Earthquakes**

**WEBSITE**

<https://www.ready.gov/earthquakes>

<https://multco.us/em/earthquakes-and-tsunamis>

<https://multco.us/file/54920/download>

**Active Shooter Training**

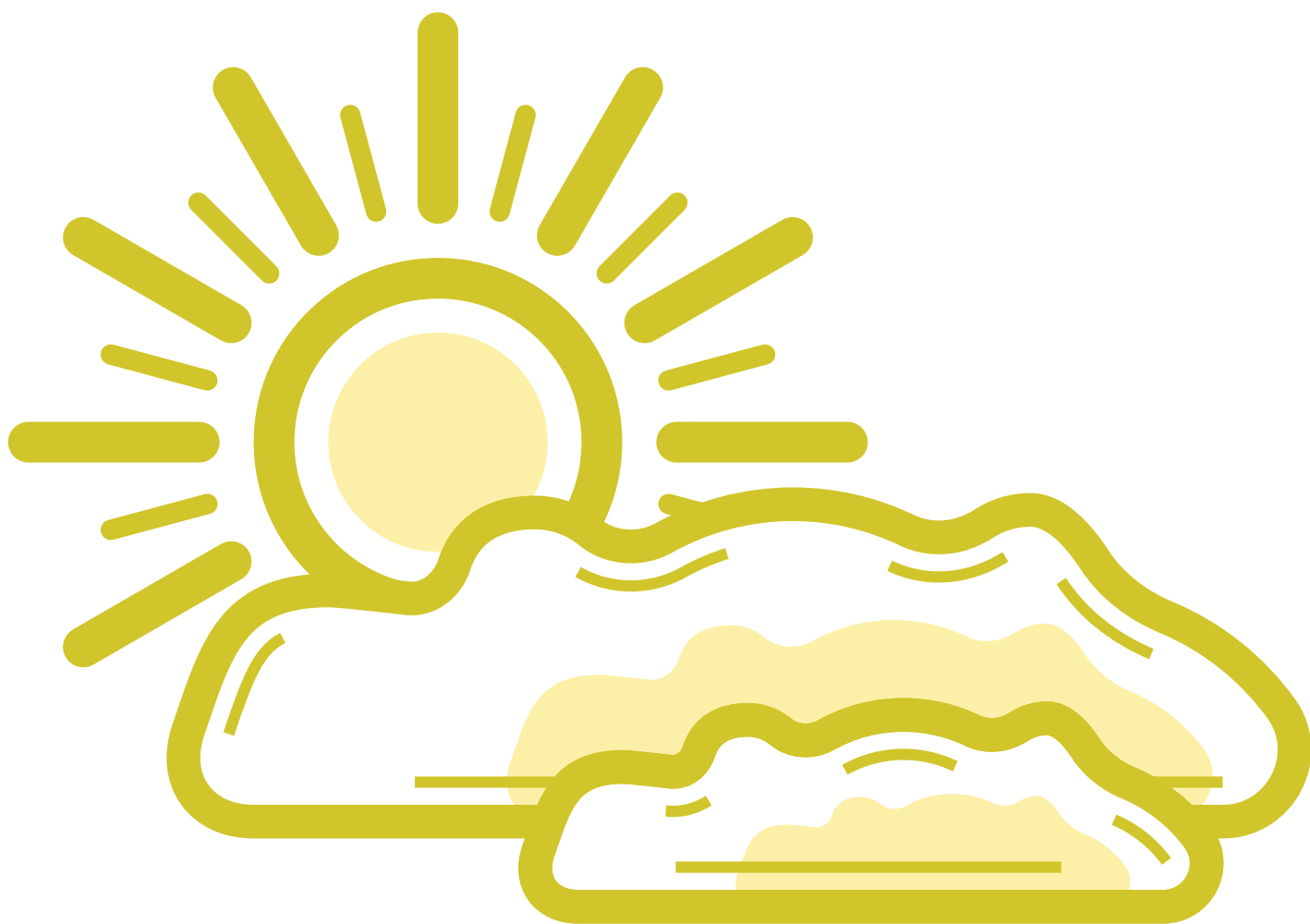
**WEBSITE**

<https://www.portlandoregon.gov/police/79946>

<https://www.pdx.edu/campus-safety/active-shooteractive-threat>

<https://www.ready.gov/active-shooter>





**home**forward

hope. access. potential.